

### Greetings from the DON

What a wonderful three months we have had at Turramurra House. We finally feel that life and daily engagement is returning to normal in many ways. Our activity team has expanded and our residents have shared at several brainstorming sessions the topics and outings they want to explore. Entertainers, church services, bus outings and daily happy hour are just a few of the standard activities our residents can enjoy.

With a more relaxed stance on Covid in our community, we have seen our rosters fill and have welcomed many new staff to Turramurra House.

As we enter the winter months, we are reminded that Covid, and now Influenza, continue to pose a risk to the industry and our residents.

Thank you to all our Families, Visitors and Residents for the support, positivity and understanding as the wet weather impacted our beautiful gardens and other areas within the facility which we are continuing to manage.

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 Turramurra House

Kind regards

Fiona

### Activity Highlights

#### Bus Outings

The residents always enjoy our bus outings. We travel around Sydney, the Central Coast and visit a lot of beautiful locations, like Palm Beach and Mooney Mooney.

Wordplay and Build-a Word are very popular activities on our weekly planner. A variety of words are picked from residents making it a fun filled competitive afternoon.

#### Concerts

Our Residents have enjoyed many concerts in the last 3 months including Grant Newsome and Ross Hamilton.

#### Exercising to Music

The residents enjoy exercising to music which is era and age appropriate. By doing this, we notice the music motivates the residents whilst they are participating in their exercise class and we are now doing exercise four days a week as requested by our residents.



*St Ives Quilting Society recently donated some beautiful quilts for our Residents*

### What's New?

Flower Arranging has become very popular as residents do floral arrangements for their room.

### Meet and Greet

We now have a meet and greet for all our new residents, which is a great way for everyone to get to know each other.



### Birthday Celebrations

Residents enjoy having a monthly birthday party celebration, with a delicious cake, celebrating all the Birthdays in that month.



### Resident's contribution

Each month the residents are asked for their input as to the types of activities they'd like to participate in. Their feedback and input ensures that there is something on the calendar for everyone to enjoy and participate in. By doing this involves our residents with the development of the activities calendar.

### Upcoming Events

- ❖ Farm Animals visit in June-Country Themed BBQ Lunch
- ❖ Resident Art , photo Exhibitions
- ❖ Mens BBQ
- ❖ Vivid Sydney light show bus tour
- ❖ Christmas in July 20<sup>th</sup> July
- ❖ Queen's Birthday celebrations

### Notices

Religious services have recommenced with Catholic, Anglican and Uniting now visiting.

Covid visiting restrictions are continuing as per the current Public Health Order. Two fully vaccinated adults and two children under 12 yrs are permitted per day.

We currently have a lot of unmarked clothing. Can you please check unmarked clothing rack on the basement floor for you loved ones clothes.

If you bring in new clothes, could you please give them to receptionist or RN in charge so they can take to them to the laundry to be labelled

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.

All our residents are currently receiving their 4th Winter Covid-19 Vaccination and Annual influenza vaccination.