

WINTER NEWSLETTER

Turramurra House

Greetings from the DON



I would like to extend a warm welcome to all our new residents and families. I am confident that each of you will settle in well knowing you are welcomed with open arms and hopefully you will soon begin to see this as your new home

I would like to remind everyone that when new clothing is bought into the home for residents, please give new clothes to our receptionist who will organise labelling. There is a unmark clothing rack on the basement floor please check if any clothes belong to your loved one

Visiting continues within the covid structures. I thank all families and friends for their ongoing support of our programme as their continues to be covid, flu, Rsv out breaks in the community. If you do feel unwell or experience flu like symptoms, we kindly ask you to reframe from visiting

Please feel free to reach out in person, phone or via email if you have any comments suggestions concerns or you simply want to chat. Your feedback is invaluable to us



What's new?

On behalf of all the Turramurra Team welcome to our new staff members. Sue our new rao, Rogina who has worked at Turramurra for several years and has now completed her Rn training. We believe they will be a great asset and look forward collaborating with you

Activity Highlights

Activity 1

(EATING TOGETHER)

A community that cooks together, eats together, stays together. Food for thought and food for the soul as our foodie friends savoured the moment and the flavours , baking memories one dish at a time

Activity 2



(Bowling with the residents)

Our Superbowl – This is how we bowl them over

On your marks, get set, bowl as our residents tested their precision, patience and luck with this twist on the classic game. Let's roll into fun together

Celebrations

(A Centurian)



(Nona's Hundredth)

Celebrating the present

Let's raise a glass to a century of memories and milestones as we celebrated NONA'S remarkable life, 100 years of wisdom, wit and wonder and still sparkling



(Reading poetry)

Words that weave a spell of wonder, a sympathy of syllables, a harmony of hearts. The art of words and a canvas of emotions. Poetry in motion – a dance of the soul

(ANZAC DAY (SPEAKER))

Lest we forget

Remembering the past
Reflecting courage and sacrifice ANZAC Day stands as a solemn tribute to the brave men and women who served. The residents all honoured their legacy and commemorated their enduring spirit on this significant day.

Resident's contribution

See all the new activities particularly the residents who are presenting groups

Special Moments

'There are moments in our life when we meet someone and when we feel as if we have known them all our lives ' To quote Avijeet Das 'This is exactly a special moment when new residents arrive and are welcomed by not only our staff



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but also by our other residents .Warm , welcoming , friendly
,compassionate, comrades in arms ,Truly a home away
from home

(image that captures moment)

Upcoming events

(entertainment, special days/activities)

- Bunnings will be coming as guest speakers to chat about gardens and flowers
- Mark Schuster an accordion player will be coming to play for the residents
- Residents will be baking bread
- Residents will be making milkshakes
- Claire will be coming from Nourished Yoga to do chair yoga
- Residents Graham and Ian will be presenting a discussion group on Ancestry and poetry reading respectively
- Staff from Nepal and Philippines will be presenting talks
- Residents will have the opportunity to participate in potting plants
- Residents will be able to have their say in our discussion groups, Memorable moments, What if and So what
- Residents will be able to relax and unwind in our Stretching and Meditation groups
- Residents will be able to enjoy a foot spa
- We will be celebrating Peter's 100th birthday with a special morning tea

Notices

(new protocols, information sharing)