

Greetings from the Director of Nursing

Greetings from the DON

Hello and Welcome,

Dear Residents, Families, and Friends

As the crisp air and cozy comforts of winter settle in, we are delighted to bring you the latest news and updates from **Tarragal House**. This season, though cooler in temperature, has been warmly filled with connection, care, and community spirit.

Winter is a time for reflection, comfort, and togetherness—and we have embraced it wholeheartedly here at Tarragal House. From heartwarming indoor gatherings to creative craft sessions and seasonal treats, our residents have been enjoying a variety of engaging activities designed to lift spirits and foster joy during the colder months.

As always, the health and well-being of our residents remain our top priority. Our winter wellness programs have been thoughtfully curated to support physical vitality, cognitive stimulation, and emotional warmth. From gentle movement classes to music therapy and storytelling circles, each activity is aimed at keeping our residents active, engaged, and content.

In closing, we send our warmest wishes for a peaceful, safe, and heartwarming winter season. Thank you for being an essential part of the Tarragal House family. Please don't hesitate to reach out with any questions, feedback, or kind words—we are always here for you.

Update on the New Aged Care Act

Dear Residents, Families, and Friends,

We would like to provide you with an important update regarding the introduction of the new Aged Care Act.

The Australian Government has announced a delay in the implementation of the new Act, which will now come into effect on **1 November 2025**. This additional time will be used to continue consultations and ensure that the final legislation reflects the needs and voices of older Australians, their families, carers, and aged care providers.

While we understand that some may be disappointed by the delay, this extension will help ensure the new Act delivers a stronger, fairer, and more person-centred aged care system.

Please be assured that our facility remains committed to providing high-quality care and support in line with current legislation and best practice. We will continue to keep you informed as more details become available.

Winter Precautions Notice

As we move into the winter season, we kindly ask for your support in keeping our residents safe and well.

For Residents:

- Please dress warmly in layers, including hats and socks. 🧤
- Stay hydrated and enjoy warm meals and drinks provided.
- Wear non-slip footwear and use mobility aids as needed.
- Let staff know immediately if you feel unwell.

For Visitors:

- Please avoid visiting if you have cold or flu symptoms.
- Ensure your loved one is dressed warmly when going outside.
- Stay up to date with flu and COVID-19 vaccinations.
- Use hand sanitiser on arrival and departure.

We'll continue to offer indoor activities and monitor resident health closely. Thank you for helping us maintain a safe and comfortable environment this winter.



Laundry Precautions Notice

For Residents, Families, and Friends

Dear Residents, Families, and Friends,

To help us care for your loved ones' clothing and belongings, we kindly ask that you take a moment to read and follow our laundry guidelines.



Please Be Mindful of Laundry

We use **industrial washers and dryers** designed for high-capacity loads and durability. These machines can be **too harsh for delicate fabrics**.



Please avoid sending in items made of:

- Cashmere
- Pure wool
- Silk or other delicate fabrics

These materials are **highly likely to shrink or become damaged** in our laundry system.



Managing Special Garments

If you wish to provide delicate or special-care clothing, we kindly ask that **you manage the washing of these items independently**. This helps us avoid any damage and ensures your loved one's garments stay in the best condition.



Labelling New Clothing

If you bring in any new clothing for a resident, **please take it to the front reception to be labelled** before it goes to the laundry. This helps us keep track of all items and return them to the correct person.

We appreciate your understanding and cooperation in helping us provide the best care possible.

Best Regards,

Sadhana Paudel



HIGH TEA WITH SPANISH GUITARIST

Our High Tea afternoon was nothing short of delightful!! The recreation team created a stunning setting for residents to enjoy, with pink tablecloths, beautiful fresh flowers, and a classic high tea theme that made the room feel extra special. Tables were filled with delicious cakes, dainty sandwiches, and of course, plenty of tea and bubbly mimosas. We were treated to a live performance by a talented Spanish guitarist, whose beautiful playing set the perfect tone for the afternoon. The soft, melodic music playing in the background was loved by all and added an elegant touch to the day.



FEDERAL ELECTION MOBILE VOTING DAY

We proudly supported our residents in having their say during the recent Federal Election with a Mobil Voting Day, held right here at Tarragal House. A small team from the Electoral Commission visited and set up a polling booth, making it easy and accessible for residents to cast their vote. It was a day that highlighted the importance of civic participation and independence, and our residents appreciated the opportunity to stay involved in the demographic process.

CONCERTS GALORE!!

Our concerts are part of our recreation program, bringing energy to residents throughout the year. We are lucky to have a mix of familiar faces and exciting new performers grace our space. The “Frantastics” a well-loved choir of ladies and gentlemen have been singing for us for many years now, always a crowd favourite. We’ve also enjoyed performances from “Dale Ryan,” “Kathy” with her Ukulele tunes, and talented guitarist “Mitch” and many more. Each week offers something different, different genres to keep the music fresh and uplifting.



Special Moments

ANZAC DAY

Anzac Day was marked with deep respect and heartfelt reflection as our home came together to Honor the brave men and women who served and sacrificed for our country. The morning began with a moving remembrance service, were residents and staff gathered in silence to pay tribute. Wreaths were laid, the Ode was read and the last post echoed through the building, creating a Solem, emotional atmosphere.

It was a day of pride, reflection and Unity, one that reminds us of the strength of the human spirit and the importance of remembering those who came before us.



CARPET BOWLS TOURNAMENT

We held our Annual Carpet Bowls Tournament again recently with Hillview House joining in on the fun, ready to take back the Trophy. The competition was fierce! With both teams bringing their A -game and cheering along. The coveted trophy stays with us once again. Hillview House showed great sportsmanship and went away with a lovely Hamper and plenty of runner-up prizes. It was a day of community spirit.



LAYCOCK THEATRE

"MASQUERADES AND MELODIES"

We had a fantastic day out with residents heading to the Laycock Theatre to see "Masquerades and Melodies" concert. The show was full of music, a moody ambiance and evening attire. Great performances that everyone thoroughly enjoyed. We then ventured out to have lunch and a scenic tour around the community. It was a fun day filled with music, smiles and great company. Residents were reminiscing about the memories of the familiar music that were performed by the wonderful talent. A lovely day for all involved.



ST PATRICKS DAY

St Patricks Day was celebrated in true Irish style this year, with a day full of music, laughter and green everywhere you looked! Staff dressed head to toe in vibrant green! And residents joined in on dressing up as well. Our entertainer Mitch showed his true talent once again with residents joining in on singing the Irish themed songs. We had fun throughout the day, out in the sunshine, Happy Hour on offer, Lots of games and dancing to the Irish songs. A competition at the end of the day for the best dressed staff member was a great incentive to get into the spirit of the day.





CRAFT AND PAINTING



MANICURE AND MASSAGE



OUTDOOR BINGO



WEDDING ANNIVERSARY

INDOOR BINGO



UPCOMING EVENTS

2nd JUNE 2025 – CONCERT/ LEYLA SINGING

4TH JUNE 2025- TAI CHI WITH STEVE

7TH JUNE 2025- CONCERT/ALICE PLAYING PIANO

11TH JUNE 2025 – RESIDENT MEETING

18TH JUNE 2025 – LAYCOCK THEATRE “GLEN STAR HIT PARADE”

25TH JUNE 2025 – CONCERT/ MITCH SINGING /CATHOLIC MASS

27TH JUNE 2025 – CONCERT/ IAN MASON, PIANIST

2ND JULY 2025- TAI CHI/RESIDENT MEETING

5TH JULY 2025- CONCERT/ALICE PLAYING PIANO

7TH JULY 2025- PONIES COMING TO TARRAGAL HOUSE

17TH JULY 2025- CONCERT/DALE RYAN

23RD JULY 2025- CATHOLIC MASS/ CONCERT/MITCH SINGING

27TH JULY 2025- CONCERT/IAN MASON, PIANIST

28TH JULY 2025- CONCERT/LEYLA SINGING

4TH AUGUST 2025- CONCERT/ LEYLA SINGING

6TH AUGUST 2025- TAI CHI WITH STEVE/RESIDENT MEETING

7TH AUGUST 2025- CONCERT/ DALE RYAN

13TH AUGUST 2025- LAYCOCK THEATRE “VAGAS SONG BOOK”

20TH AUGUST 2025- CONCERT / GREG DIMMOCKS

27TH AUGUST 2025- CATHOLIC MASS/ CONCERT/MITCH SINGING

NOTICES

- Allied Health services are continuing as normal, this includes Podiatry, Dental, Speech Pathology, Audiology, Optometry, Physio, and Dietician.
- Influenza, COVID, and Shingles Vaccinations for 2024 – we have held successful vaccination clinics, and we are happy to see Winter behind us.
- Updated visiting restrictions:
 - There are no restrictions on visiting hours
 - We ask all visitors to continue RAT testing either using our supply or provided from home prior to entering the facility.
- Our preferred method of correspondence is via email, please advise our Reception Team if would like an email address added to the mailing list.
- Email is another way we encourage our families to communicate directly to our teams, please feel welcome to email:

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