

### Greetings from the DON

The Spring season with the milder weather has thankfully also coincided with a relief to COVID-19 restrictions over the months of September through to November. Hence the residents have been provided with many & varied activities to keep them entertained & content.

The staff and myself have been busy organising and implementing many new and important initiatives to be rolled out over the coming months including, a Falls Prevention Clinic and a Pain Clinic. Also the Month of November has been declared our Food Month with a variety of international cuisine on the menu such as American, French, Chinese, German, Italian. The establishment of a new resident committee and the revision of staff education programs including residents providing vital staff training has been beneficial for both staff and the residents.

### Activity Highlights

#### *Cooking Demonstration*

In October residents were treated to the monthly cooking demonstration class. Freshly baked scones were made and cooked for the residents which provides a multi-sensory experience of sight, sound, smell and taste. Memory games are played of what ingredients were used & lots of reminiscing by the residents of happy times baking for family, school and church fetes. In November the cooking demonstration class baked sweet potato and lentil pastry rolls which were an absolute hit with the residents.



*Staff member Sandy making freshly baked scones*

#### *Armchair Travel*

Residents were treated to an insightful and informative Armchair Travel with destination Hungary. Residents were entertained with a video on the best places to visit in Hungary, a fun facts presentation, a quiz and food tasting of specialty Hungarian pastisseries made freshly from a Hungarian bakery. We have residents at Wahroonga House who have Hungarian backgrounds, so it was very special for them to be able to see, hear and smell the flavours of their birth country.



*Residents enjoying the Armchair travel presentation to Hungary*



### What's new?

What's new?.....Well a lot!

New and important initiatives have and will be implemented in the coming months at Wahroonga House. These include revision of staff education program, provision of a Falls Prevention Clinic and Pain Clinic, revision of food services and menu, the establishment of a new resident committee and exciting changes to our bus outings to name just a few!

Continuing staff education is a high priority at Wahroonga House. Hence, we are very pleased to announce we have recently appointed Jane Ardron as staff educator. An example of how we are improving and providing different ways of providing staff training, a resident committee

comprising of our visually impaired residents has been set up who presented to the staff to educate them on such issues.

The Pain Clinic is held in the cinema every Monday and Friday and is managed by our physiotherapists who inform and provide ways for our residents on how to better manage their various pain issues. The clinic includes massage, heat pack therapy and personalised exercises.

The Falls Prevention Clinic will be targeting on core strengths and balances with falls prevention education. The clinic is due to commence in the beginning of December 2022.

The menu has been reviewed and many new food events have been introduced during the month of November including a variety of international cuisines. This has been due to the assistance of menu planning meetings with the residents, chef and management.

Bus trips will now include retail and supermarket shopping trips. Also lunches will now be able to be purchased whilst on bus outings to provide an opportunity for residents to exercise their independence. The recent bus trip to La Perouse beach which included fish and chips for lunch was very popular.



*Residents providing staff training on issues for visually impaired persons*



*Pain Clinic -Resident being massaged by physiotherapist*

### Celebrations- Remembrance Day

Wahroonga House held a Remembrance Day service on Friday 11<sup>th</sup> November 2022. The service was held in the chapel and was attended by over 60 residents. The guest speaker was Philip White an ex-Lieutenant corporal. The Last post was performed by a bugle player from Knox Grammar. Various residents from Wahroonga House participated in the service including reciting The Ode, reading prayers and poems along with the laying of the wreath. A special thank you to resident Diane Parsons who sang beautifully the hymn Abide with Me.



*Remembrance Day guest speaker, Mr Phil White ex-Lieutenant Colonel*

### Birthdays

We had a flurry of birthday celebrations at Wahroonga House during the months of September to November.

Our much-loved resident Mary Carter celebrated her 100<sup>th</sup> Birthday both with family in August, which was during COVID lockdown and then in November, post COVID lockdown with staff and residents. Also, Allan Edwards celebrated his 93<sup>rd</sup> birthday, along with Jean Miskins, Beverley Williams, Jill Kerney and Perl Mathilde to name just a few. Staff and fellow residents sang them happy birthday, presented each resident with a birthday cake along with festive balloons and cards to mark the special occasion.

We also celebrated a staff birthday with a surprise lunch for our Recreation and Activities Officer, Anna.



*Celebrating Mary Carter's 100<sup>th</sup> Birthday*



*Staff surprise birthday celebration lunch*

### Resident's contribution

The newly formed Resident Committee met for the first time on Monday 24<sup>th</sup> October and meets on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. It is also to help plan activities that any resident can join and shape the community to make it feel more like a home. The committee is to give residents a say in how their home is run.

Suggestions the committee has raised which have already been implemented include, name tags for consenting residents, the introduction of themed international cuisine e.g., Italian, Greek, Chinese etc, a Christmas shopping trip to St Ives Shopping Centre, bus outings with lunches such as fish and chips by the beach and the re-introduction of the ever popular "Omelette night".



### Special Moments

At Wahroonga House we encourage our staff and residents to share their many talents and culture. In October an international performance by our staff which included Nepalese dancing, music and food provided a special time for sharing culture with the residents and staff.



*Nepalese dance performance by staff*

### Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming summer months.

The main celebration will be the Residents Christmas Lunch to be held on the 14<sup>th</sup> December and a staff Christmas party ferry cruise on 18<sup>th</sup> November 2022.

The regular monthly Resident and Relatives meeting will be held on the last Friday of the month at 11 am in the cinema.

Also, the Resident Monthly Welcome Morning Tea is now held on the 3<sup>rd</sup> Thursday of each month.

