

Greetings from the DON

As the Winter season brings changes so too have the residents, families and staff seen many changes here at Wahroonga House over the past 3 months. When COVID restrictions could be eased it was a pleasure and relief to see the residents once again enjoying the many visitors to Wahroonga House and for the activities, events and entertainment to be able to commence. I would like to thank all the Wahroonga House community for their support, understanding and hard work during this challenging time.

Activity Highlights

St Patricks Day

Wahroonga House was decorated and dripping in green decorations come St Patricks Day on the 17th March 2022. The café, lounge rooms and the main reception were festooned with emerald-coloured balloons and shamrocks. The “green theme” continued for Morning tea at Coffee Club in the café where green sponge cake was served by staff dressed as leprechauns. Then it was onto Armchair Travel to Ireland at 11 am in the Cinema. The activity included an informative TV programme on the wonderful places and sights in Ireland, followed by a Trivia and interesting facts activities. To complete the travel immersion residents were given homemade Irish cabbage rolls for tasting and a glass of Guinness beer from the famous Dublin brewery of Arthur Guinness. A hearty Irish stew was served at lunchtime followed by a Catholic mass at 2pm in the Cinema for any residents wishing to attend.



Resident and staff on St Patricks Day

Anzac Day

Wahroonga House held an ANZAC Day commemorative service on Monday 25th April. The service was held in the chapel and was attended by some 60 residents. The guest speaker was Aneka Wynberg, a Cadet Unit Officer from Ravenswood School and The Last post was played by a student from Knox Grammar. Various residents from Wahroonga House led the service including saying The Ode, reading prayers and laying of the wreath. A special thank you to resident Dianne Parsons who sang beautifully the hymn Abide With Me.



Resident Dianne Parsons singer at Anzac Day service

Entertainment is back!

Over these past 3 months we have brought back the ever-popular entertainers Murray and Hugh who provided wonderful performances with their melodious voices, magical instrument playing and old-time favourite songs. Residents were smiling, singing and tapping away as they listened and reminisced those years of the 50s, 60s and 70's.



Residents singing at the concert held in May

What's new?

Due to the easing of COVID-19 restrictions in March and April Wahroonga House residents have enjoyed being able to attend once again many of the group activities provided by the Recreation and Activities team.

Residents were treated to an insightful and informative session on South Korea for the Story Circle activity by staff member Daniel in early March. Learning about a staff's cultural background was a highlight for many of the residents.

Wattle residents were entertained each Wednesday with Music Therapy which included a wonderful and talented pianist who plays 50's, 60's and 70's songs. Bus trips on Mondays, Wednesdays and Fridays have recommenced and have been very popular with not a seat left. Trips to Avoca beach, The Rocks and Lady Macquarie Chair brought smiles and excited chatter from residents when returning from their bus excursions.

The cooking demonstrations held in the café by RAO staff has once again produced a sumptuous selection of gourmet goodies including fig and goats cheese pastries and ginger syrup mini cakes. With the sweet aromas filling the café and tastings by the residents there is never anyone left with an empty stomach.

Wahroonga House has finally recommenced over these past three months the Resident and Relatives Monthly meeting which is held on the last Friday of each month. Melissa Yan, Acting Director of Nursing (DON) provides at these meetings important updates and information to the residents on issues such as the COVID vaccine dose 4 and Flu Vaccinations and how to vote in the Federal election.



Resident from Wattle enjoying a pancake made in the one of the Cooking Demonstration Classes

Celebrations

We had a flurry of birthdays at Wahroonga House during the months of March through to May. Our much loved resident Paul Daniel celebrated his 89 years old birthday, along with Edward Jones who turned 101. Both residents shared the same birthday which was on the 23 March 2022. Staff and fellow residents sang happy birthday, cut their birthday cake along with festive balloons and cards to mark the special celebrations. Paul's daughter travelled down from the Central Coast to celebrate the big day. Lots of smiles and singing were had by all.



Photo of resident Paul with his daughter who turned 89 years old in March 2022



Resident celebrating his 101st birthday

Special Moments

Despite the many interruptions to life at Wahroonga House due to COVID, residents are once again able to socialise and enjoy a cappuccino and baked goodies at Coffee Club which is held every morning at 10am in the Café.



Residents enjoying a coffee and chat at Coffee Club in the café

Upcoming events

The team at Wahroonga House are planning many exciting events and celebrations for the residents in the coming winter months.

The main upcoming celebration will be the Queen's Birthday on 13th June with a special morning tea planned for that day. In July NAIDOC week runs from 3 - 10 July which will provide an opportunity to celebrate the event.

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