

*We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.*

### Greetings from the DON

Winter has arrived, and residents are enjoying warm drinks and inside activities.

With the colder weather here, we are seeing lots of items without name labels. I would like to encourage all clothing to be left at reception for labelling please.

Avalon House celebrated the Cancer Councils Biggest Morning Tea in May, and I would like to take the time to thank the residents, staff and families that contributed, it made the day very special for us all.

In May you may have received an email with a link to our resident surveys, I would greatly appreciate it if you would take the time to complete the survey.

Once again, a big thank you for all your support not only for your residents but to all our staff and management, Avalon House appreciates you!

Kind regards,  
Hayley Bonnici  
Director of Nursing  
Email: [avalonhouse@thc.net.au](mailto:avalonhouse@thc.net.au)



### Staff Highlights



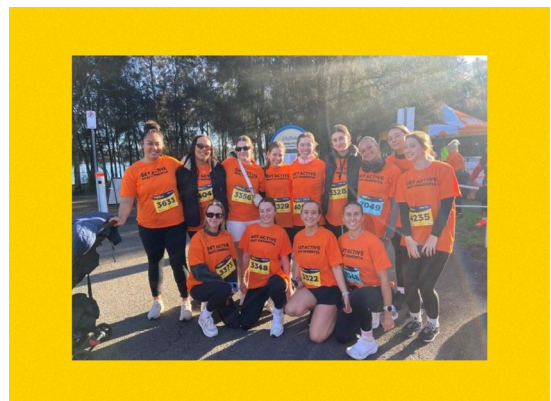
We would like to feature our hardworking and amazing staff who participated in the Sydney Memory Walk and Jog on Sunday 19<sup>th</sup> May and raised a total of \$3786 for the cause!

The memory Walk and Jog is about communities across Australia coming together to get fit and beat dementia.

All the staff joined this initiative themselves and their love and dedication to their work and our residents is evident.

In New South Wales alone there are over 135,000 people living with dementia. By joining the memory walk & Jog and raising funds that will have a direct impact on their care and their future.

Well done ladies and thank you for making a better today for people living with dementia and through raising funds that drive nonstop researching partnerships that give us hope for a future without dementia



### Norma turns 103!

Norma was born in Drummoyne in 1921, she is the youngest of 6 children and admits she was spoiled by the family!

Norma met her husband Bruce through friends and the church, and they married in 1944 at St Phillips Church in York Street in Sydney.

Bruce and Norma had 2 children, David and Joanne.

Norma worked in an office, which she enjoyed. She worked as a legal secretary in Philip Street and as a bookkeeper.

Bruce was a very clever man and earned a scholarship to work in America. They lived in Chicago, which Norma enjoyed but it was very cold in winter.

Norma and Bruce enjoyed travelling, but also were always glad to be home. They raised their family in Killara.

Norma's hobbies before she came to Avalon House were pottery and silver jewellery making.

Norma is very artistic and loves anything to do with the arts, she worked for many years in The Potters Gallery in Darlinghurst and collected many fine examples of Australian ceramics. Norma was also a prominent member of the Society of Arts and Crafts at The Rocks.

Norma has 5 Grandchildren and 4 Great Grandchildren and absolutely adores her family.

Norma loves reading, and always has a book in her hand, she also loves dogs and thoroughly enjoys seeing her daughter's dog Vinny or the pet therapy dogs that visit her weekly at Avalon House.

Norma feels she has lived a good and fortunate life.

A quote by which Norma likes to live by

"What is the worth of anything, but for the happiness twill bring".



### Activity Highlights

#### Cognitive Activities

Cognitive activities offer a variety of ways to stimulate the mind and keep our brains sharp. Word games are an enjoyable means of exercising our brains, whether it's playing Word Games with Sarada on Saturdays amassing a record number of 280 words, or Trivia and Word Games with Helen. It's a wonderful opportunity to come together and challenge our minds, often finding inspiration from one another as spotting one word can help another person see a different one. Helen enjoys playing Categories, where we brainstorm various words that start with a specific letter within a certain category, like foods starting with 'G' or places beginning with 'M.' This often leads to much laughter as residents shout out obscure Australian locations that Helen has never heard of, which she then attempts to spell. Trivia quizzes are also a source of fun as we recall facts and learn new ones, and remembering proverbs, sayings, and even nursery rhymes with word-for-word accuracy is always a delight. We've even tackled math puzzles, surprising ourselves with our ability to remember equations like  $4+6-5 \times 3$ . A highlight of the week is receiving the weekly activity planner, which always includes a Find-A-Word puzzle on the back, often related to a significant event of the week, such as Mother's Day or Volunteer's Day.

### Market Day

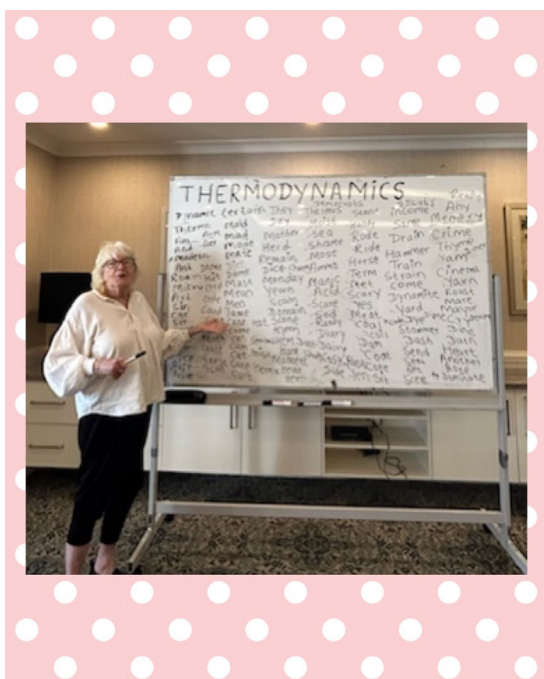


RAOs put out an invitation for donations for our Market Day to all staff and resident's families and we were thrilled to be inundated with magnificent gifts and items for residents to shop for on Market Day.

Residents and staff had a magnificent morning in the atrium where the market day was set up with music playing, the café was full, and the hairdressers was bustling, and the atmosphere was enticing!

Staff assisted residents and even residents assisted residents to attend the shopping experience and the joy that was felt by all, as residents chose items they loved from jewellery, scarves, pens, hand creams, diffusers, and even a pair of silver goblets!

We feel so lucky at Avalon house for all the support we receive in making these events possible it was such a wonderful day we have already pencilled in another on 16<sup>th</sup> July so feel free to drop off any unwanted gifts and donations that you might have!



### Church services and ANZAC Day

#### Church Services

At Avalon House we offer three monthly church services. The Anglican service is led by Sturt Young from Pittwater Anglican Church, Our Catholic service is led by Father Richard from Sacred Heart Church catering to the diverse and spiritual needs of our Avalon House community we also welcome "Love in Action" a non – denominational church group that hold a heartfelt service singing familiar songs and providing comfort and support to our residents.

Additionally, we are lucky to have volunteers from Sacred heart who provide Holy Communion every Sunday for our residents offering a weekly opportunity for reflection and worship.

#### Anzac Day

This year's Anzac Day at Avalon House was a memorable and heartfelt event led by Sturt Young from Pittwater Anglican Church. Avalon house was decorated with Anzac memorabilia honouring the spirit and sacrifice of our service men, women and animals. We gave our residents hand knitted poppies and sprigs of rosemary to wear as a symbol of remembrance of those not with us today. The day was a meaningful opportunity for everyone to come together, reflect and pay tribute.



### Volunteers Day and Duke of Edinburgh students

On Friday 10<sup>th</sup> May we celebrated our wonderful volunteers that come to Avalon House. We had a beautiful morning tea, and the atmosphere was enhanced by Natalyia playing the piano. Volunteers were given flowers and a gift, beautifully wrapped and presented by our residents. Even our special volunteer Buster the dog got a treat!

We have also been lucky this year to have had so many school children come to the home, either to complete their Duke of Edinburgh community hours or to fulfil their school community projects. Two of our students have even performed for our residents, with Eloise singing and playing guitar and Charli showcasing her ballroom dancing.

The addition of all these wonderful people has enhanced our lives at Avalon House, making us all richer and better off for their presence.

Thank you to all!



### Harmony Day



Harmony Day which is observed each year on March 21<sup>st</sup> celebrates our diversity, aiming to foster inclusiveness, respect and the idea that people of all different cultures can make a valuable contribution to our society.

At Avalon House we are lucky to have staff and residents from Malaysia, Japan, Philippines, England, Mauritius, Australia, Nepal, Tibet, Portugal, Scotland, Malta, Samoa and Kenya just to name a few in total we have residents and staff from approximately 30 Countries across the globe.

Staff and residents wore Orange as the colour signifies and represents “social communication and meaningful conversations and relates to the freedom of ideas and encouragement of mutual respect”.

### World Art Day

World Art Day was celebrated on April 15th, focusing on a theme beloved by many renowned artists – Sunflowers. It was wonderful to witness the creativity as everyone approached the subject in their own unique way, through painting, colouring, or using various mediums. The outcomes were both joyous and delightful. We were assisted at the event by two Year 7 students from Brigidine College, who were completing their community service hours. The artwork has been exhibited in the atrium, much to the delight of two of our resident artists, Gail and Lorrie.



### Monthly dates for your diary

#### June

3<sup>rd</sup> Ross Hamilton Concert  
4<sup>th</sup> Resident and relative Meeting  
10<sup>th</sup> Kings Birthday  
13<sup>th</sup> With love Duo Concert  
20<sup>th</sup> Roderic Concert  
21<sup>st</sup> Ageless Moves  
27<sup>th</sup> Keff Concert  
28<sup>th</sup> Bush to Bowl – Bush tucker experience  
28<sup>th</sup> Drumming with Carly

#### July

1<sup>st</sup> Resident and relative meeting  
4<sup>th</sup> Kristy Lee  
10<sup>th</sup> Piano Bar Natalya  
16<sup>th</sup> Market Day  
18<sup>th</sup> Elvis Concert  
19<sup>th</sup> Ageless Moves  
22<sup>nd</sup> Pittwater Anglican Church Service  
25<sup>th</sup> Hugh Moran Concert  
26<sup>th</sup> Drumming with Carly

#### August

1<sup>st</sup> Murray Ferguson Concert  
5<sup>th</sup> Resident and Relative meeting  
8<sup>th</sup> Leyla Concert  
15<sup>th</sup> Paul Leventhal Concert  
23<sup>rd</sup> Ageless Moves  
26<sup>th</sup> With Love Duo Concert  
29<sup>th</sup> Keff Concert  
30<sup>th</sup> Drumming with Carly

### Regular dates for your diary

Happy Hour Everyday 3:45- 4:45pm  
Hairdressers Every Tuesday in the hair salon  
Resident/DON Meeting - 1<sup>st</sup> Monday of every month  
Library Delivery service – 5/6, 3/7, 31/7, 28/8  
Bus Trips- Every Wednesday 1:30pm and Friday 10:30am

#### Church services

##### **Anglican Service**

Pittwater Anglican Church Service 17/6, 22/7, 19/8

##### **Christian Non-Denominational Service**

Love in Action Service 21/6, 19/7, 23/8

##### **Catholic Service**

Sacred Heart Church 26/6, 24/7, 28/8

### **Welcome to all new residents and staff.**

On behalf of the RAO staff and the home, we would like to warmly welcome our new staff, residents and their families who have joined Avalon House in the last 3 months. We look forward to getting to know you and collaborating together.

Kind regards

All the RAOs at Avalon House

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