

### Welcome to Our Spring 2022 Newsletter.

We would like to welcome all our new residents, families, and staff at Oran Park House. We would like to thank you for entrusting the care of yourself/your loved ones with our team. It is so exciting to build our new home together and we are looking forward to capturing many good memories with you all.

You can always complete Feedback Forms for any compliments, suggestions, feedback or complaints and leave it in the box near the reception area. You can find feedback form in the brochure stand. We have an open-door policy, please feel free to see our team if you have any concerns or would like to have a chat.

In coming weeks, we will also be focusing on case consultation, please reach out to our Registered Nurses or email our team at: [oranpark@thc.net.au](mailto:oranpark@thc.net.au) if you would like to book a case consultation.

A reminder to families that the facility does not handle any money. If you need to arrange payments for the hairdresser, please pay directly to hairdresser as per her information list.

**Reminder to families:** Our visitation is in accordance with NSW Health Covid 19 Visitation Guidelines. We will be emailing you a monthly update on visitation Guidelines or when there are any changes from the Department of Health. Please follow COVID 19 visitation Guidelines and always follow infection prevention measures for COVID 19.

### Key Staff Members

I would like to take a moment and guide you through the key staff members should you need any support from our team at any time:

**Director of Nursing:** Sumita Pokharel:  
([don\\_oranpark@thc.net.au](mailto:don_oranpark@thc.net.au))

**Deputy Director of Nursing:** Seeta Samba:  
Clinical Management:  
([ddon\\_oranpark@thc.net.au](mailto:ddon_oranpark@thc.net.au))

**Administration:** Reception: Rohit. S/ Bhawani.  
R: Admin related enquiries  
([reception\\_oranpark@thc.net.au](mailto:reception_oranpark@thc.net.au))

**Registered Nurse:** For any clinical/ care related enquiries. 02 4705 2100

**Recreation Activity Officer:** Nirusha: For any activity enquiries

**Clinical Team:** 02 4705 2299.

### Activity Highlights.

Lifestyle activities are a diverse range of experiences that can help to enhance the wellbeing of residents. Each activity targets particular needs for the resident, which can be physical, emotional, cognitive, social and spiritual. Oran Park House residents are currently enjoying activities like exercise sessions, balloon tennis, concerts/live entertainment, singalong, dominoes, bingo, card games, Café social, garden walk, quizzes/trivia, relaxing hour with hand massage, religious services, flower arranging, whiteboard word games, art and crafts, cooking for afternoon tea, different cultural activity and one on one activities. We are looking forward to doing more cooking activities and Pet therapy. Right now, according to our residents Bingo, Café social and Entertainment/Concert are the most enjoyable activities.



Hello Spring!  
We missed  
your green  
grass, warm  
sunshine and  
beautiful  
flowers.

*Let's welcome Spring with these beautiful  
flowers from our Garden.*



### Dairy Café

Our residents enjoy socialising in our Café. This is one of our most enjoyable activities. Residents are encouraged to go to the Dairy Café to catch up with friends.



### Christmas in July Celebration.

We celebrated Christmas in July at Oran Park House. Residents enjoyed special Christmas lunch and desert followed by Christmas Carols in the afternoon.





### Welcoming our new residents to the Oran Park House Family.

Once a fortnight, on Friday, we organise a nice morning tea and beautiful flowers to welcome our new residents.



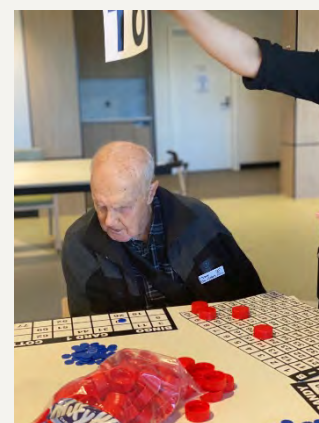
### Balloon Tennis

Residents enjoying our Balloon Tennis Activity.



### Bingo

Our residents enjoying one of our very popular activities, Bingo.



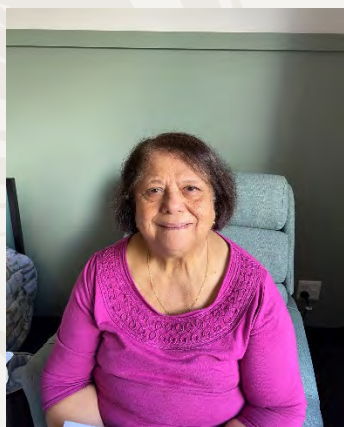
### Residents Contribution.

Some feedback from our lovely residents.



Hi everyone, my name is Janice, and I came to live here in August. I find all the staff very good and supportive. When, I was sick they looked after me very well. The meals are great

here. Whenever I go out, they organise everything for me. The activities here are great, I enjoy playing bingo, I find Armchair travel very interesting - very informative. Everyone seems happy and they enjoy the activities. I also enjoyed the cooking activity - we made sandwiches for afternoon tea. I am enjoying myself and settling in very well.



Hi everyone, my name is Marie, and I came to live here in June. I am settling in and enjoying my life here at Oran Park House. Staff are very caring and helpful. I enjoy doing different activities. I enjoy interacting with staff and residents. I want to thank all staff that look after us.

Our residents enjoying warm sunshine and interacting with each other.





### Birthdays of the Month Celebration.

Staff and residents celebrated Dorris and Paul's birthday in August. Residents enjoyed a special morning tea followed by Birthday entertainment in the afternoon.



Entertainment in the Function Room

### Upcoming Events and Activities:

- 2<sup>nd</sup> September: Father's Day Celebration
- Country of the Month – ITALY
- October: Nepalese Festival Celebration
- October: Indian Festival Celebration
- 7<sup>th</sup> October: Friday World Smile Day
- 30<sup>th</sup> October: Grandparents Day
- 1<sup>st</sup> November: Melbourne Cup Day