

*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 DON Sumi,

Dear Family, Friends, and Careers at Oran Park House, we would like to fill you in on what we have been doing for last 3 months in this newsletter.

I would like to extend my sincere gratitude to residents, family, and staff for ongoing partnership in care. We have open door policy, please feel free to provide your feedback or suggestions via phone, email or in person or by completing feedback form or through feedback scanner. Feedback helps in bringing change and drive new ideas that we are so proud of at OPH.

As winter is here, I highly encourage our residents, visitors, and staff to get vaccinated against Flu and COVID 19. Please contact us if you would like to know more about vaccination at Oran Park House.

I continue to send updates via email, I highly request you to please check your emails for updates from OPH.

Kindest regards

Sumi

Director of Nursing/ OPH

[don\\_oranparkhouse@thc.net.au](mailto:don_oranparkhouse@thc.net.au)



### Activity Highlights

#### Activity 1

### Bus Trips

Residents have been requesting to go on a shopping trip as an outing. Staff transported them to the brand-new section of Oran Park Podium. They enjoyed sipping on coffee and milkshakes in the outdoor café along with strolling around the shopping centre including purchasing some essentials and learning how to use the self-serve checkout. They had assorted sandwiches and muffins for their lunch. They also visited parklands; one being Nurranginee out Penrith way and scenic drives including Eastern Creek racetrack if the weather did not permit getting out of the bus. Bus trips are a favourite and are always met with enthusiasm and excitement. The atmosphere is always fun with their favourite tunes playing. We are looking forward to some new outings in the future.







### Activity 2

#### Mardi gras

Residents celebrated Mardi Gras with a good fun Happy hour with snacks, refreshments, fruit platter, decorations, and dress ups. They had a wonderful time together singing, dancing, and socialising.



### Activity 3

#### St Patrick's Day Celebration

We celebrated St Patrick's Day with a very jovial Happy Hour. Irish music playing, decorations in all shades of green, shamrocks, artwork, leprechauns, balloons, memorabilia, and a rowdy Irish pub sing along. Refreshments served along with savoury treats, fruit salad and green cupcakes. It was a merry afternoon with lots of reminiscing, laughter and singing shared amongst friends. Residents also participated in assorted trivia, quizzes, art and craft with Irish armchair travel during the month of March.







decorated in multicolours and staff and some residents dressing in their cultural clothing to promote our cultural diversity.



### Activity 4

#### Harmony Day

Staff and residents celebrated Harmony Day celebrating diversity fostering inclusiveness, respect, and the message that everyone belongs. We wore the colour orange which symbolises Harmony.



### Activity 5

#### Multicultural Day

Residents, all united and joined together in the café to celebrate Multicultural Day. There was entertainment with Grace singing familiar songs with singing, dancing, clapping, and toe tapping. The café was



### Activity 6

#### International Senior's Day

Residents came together in the Café to celebrate International Senior's week. Café music was playing with beautiful social atmosphere decorations adorned the café and sweets were served along with their favourite cuppa. Every resident received a floral handmade bookmark made lovingly by our R.A.O.'s. Senior's week is dedicated to looking after our senior citizens.







### Activity 7

#### Easter

Residents celebrated Easter with a new entertainer, David, who was fantastic sharing old time favourites along with some laughs. He was very engaging with the residents. We had a Happy Hour with Calamari served along with refreshments savouries and sweets in the afternoon. Residents completed Easter arts and crafts to decorate their activity room and reflections of the true meaning of Easter.

On Easter Sunday, our residents were served delectable seafood for meals and the traditional Easter buns for morning tea and of course the easter rabbit chocolate delivered to their rooms.

Oran Park High school attended Wattle wing to do Easter card making with the residents. They thoroughly enjoyed the activity, and the children will be visiting once again.

### Activity 8

#### BBQ Lunch in the garden

Residents enjoyed a BBQ garden luncheon in the Banksia Garden grounds for level 1 having warm weather in the company of their friends. There was an assortment of chicken skewers, sausage hotdogs and sweets whilst listening to some old-time favourites to sing along to. Unfortunately, the weather was too cool for level 2 therefor it



was held in the café but still most enjoyable for all.



### Activity 9

#### Cooking Demonstration

Residents enjoyed reminiscing about making cupcakes for birthday parties and had fun decorating with sprinkles, marshmallows and m&m's sharing their treats with the other residents.



### Activity 10

#### ANZAC DAY

We held a beautiful ANZAC service in our function room the significance of this day shone through honouring all ex servicemen and women who fought in the wars. It was quite emotional commemorating the sacrifice made by the ANZAC'S. Residents were kept busy making Anzac Day craft in preparation for the day.





### Upcoming events:

- June 10<sup>th</sup> Kings Birthday
- July 7<sup>th</sup> Naidoc Week
- July 25<sup>th</sup> Christmas in July
- August 7<sup>th</sup> Aged Care Employee Day
- August 15<sup>th</sup> Indian Independence Day

### Youth Group Visit Community Connections

A local youth group visited our residents bringing such joy to everyone interacting dancing and singing brightening their day.



### PET THERAPY

We have Delta Dogs pet therapy regularly visiting. He is such a beautiful dog, a placid puppy giving comfort to our residents benefiting their wellbeing.



**Oran Park Volunteers** We have some amazing volunteers assisting with our residents.



Jo performed a move and groove session for the Banksia Wing which they thoroughly enjoyed. We also have a gentleman Steve who visits the men to have a friendly chat and sharing stories weekly which the residents really look forward to and have a close bond with now. And We have a pet therapy a resident's daughter, Fiona who brings in her adorable puppy Norman which gives the residents so much pleasure.



### Knitting Group Gift to Seeta DDON

The ladies in the knitting group have been kept busy making gifts for Seeta our DDON who is beginning her family welcoming a baby girl naming her Rose, mum and bub going brilliantly. Thankyou ladies for all your hard work and dedication.



### Mother's Day Celebration

We celebrated Mother's Day with a Happy hour and concert in the beautifully decorated cafe with a gift for each lady. Reading out a Mother's

Day poem, sharing Mother's Day trivia and quizzes art and craft and lots of reminiscing. The ladies had a wonderful time laughing, dancing, and socialising.



### International Nurse's Day

We celebrate Nurse's Day to honour the varying roles of nurses and the positive impact they have on our lives. Making a difference ensuring individuals, families and communities receive quality patient care they deserve. We had an awards ceremony and a nurses poem recited by a previous nurse resident and some savouries and refreshments served.

