

WINTER NEWSLETTER

ST IVES HOUSE

Greetings from the DON

As St Ives House celebrates its first birthday, I'd like to extend heartfelt gratitude to all our residents, family, friends and staff for your invaluable contribution and support in helping us reach this important milestone. We have come a long way from last year and are proud of where we stand today. St Ives House has received glowing reports with all the required Aged Care Standards met and has been accredited for the next three years. This has been made possible with all your support.

If you have any queries or concerns, do not hesitate to reach out. Your feedback is invaluable in helping us maintain the well-being of St Ives House. Thank you once again, especially in taking the time to complete the necessary health checks upon arrival.

Wishing you all joyful and healthy month ahead!

Activity Highlights

Greetings from the Social Support team.

A warm welcome to all our new residents and their families who have recently joined us. We are pleased to have you in our growing community and hope that everyone can find something interesting in our recreational program and join our activities.

Our team plays a vital role in enriching the lives of our residents through meaningful engagement, creativity & connection. As the community grows, so too does the scope of our programs. The social support team aims to organise activities that enhance the physical, emotional, and social well-being of the residents. Here are some of the wonderful moments we have shared together at our St Ives Home celebrating activities, special events and celebrations!

Book Time in the Library: In response to the resident's requests for a book club, we came together to discuss all things books. New connections were formed and residents instantly connected over their common love of reading. We discussed authors, genres and life stories.



Carpet Bowls has brought together a wonderful mix of genders and abilities making for an interactive session for all. The bowls encourages everyone from different wings and sections to meet up and share interests and build each other up!



WINTER NEWSLETTER

ST IVES HOUSE

St Ives Park Primary School Choir performance filled the residents with joy, marked with a heartwarming performance from the year 3-6 students. This intergenerational connection created smiles & laughter that filled the room.



Armchair Travel to France to celebrate Bastille Day: Armchair travel takes us to faraway places, allows us to dream of adventure and reminisce about past trips. We recently travelled to France to celebrate Bastille Day and enjoyed trivia and scrumptious crepes.



Pet Therapy and Momo's popular visits: Pet therapy involves structured interactions between our residents and our much-loved trained dog named Momo, to promote emotional, physical, and cognitive well-being. Momo's visits always fill the halls with laughs, social interactions, reminiscing and sharing life stories.



Bus Trips offer a fulfilling and accessible way for our residents to explore the world around them. Beyond the destinations and sights, these trips create meaningful experiences that enrich lives, promote mental and physical well-being, and nurture friendships. Pictured here is a trip to Narrabeen Beach and surrounds.



WINTER NEWSLETTER

ST IVES HOUSE

Art and Craft: Our residents love to embrace arts and crafts as they have positive effects on physical and mental health, motor skills, and boosting self-esteem.



Happy Hour: Our residents thoroughly enjoy Happy Hour on Friday afternoons, pictured here singing & dancing along with Leyla.



Lost and Found: Residents and their families were excited to have the opportunity to locate missing clothes, spectacles, and other belongings. The room was filled with laughter, smiles, and a genuinely positive atmosphere throughout the event. By the end of the afternoon, we had 15 bags of resident clothing ready for labelling.



WINTER NEWSLETTER

ST IVES HOUSE

Morning Exercises: Physical activity doesn't have to be 'serious business.' Being active can be peaceful, calming, invigorating and fun, especially if you can socialise at the same time.



Drumming and Singalong with Fernando and the Mirrabooka Choir: At St Ives House, group singing activities foster friendships, trigger positive memories, and significantly enhance quality of life.



WINTER NEWSLETTER

ST IVES HOUSE

Board Games: Regular playing of board games contributes to improvements in brain function and may reduce the risk of dementia. Board games not only strengthen memory and problem-solving skills but also improve social interactions.



Tartan Day honours Scottish heritage and culture, recognising the contributions of Scottish figures throughout history.



WINTER NEWSLETTER

ST IVES HOUSE

ANZAC DAY Anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.



WINTER NEWSLETTER

ST IVES HOUSE

Celebrations

Milestone Birthday Celebrations: We had the privilege of celebrating two remarkable milestones of Ken Buckles 105th birthday & Patricia Butler's 100th birthday. Surrounded by family, fellow residents and staff. Both birthdays a reminder of deep history, wisdom & stories.



Anniversary Celebration: We were overjoyed to celebrate the 60th Wedding Anniversary of our beloved residents Jan and Mareen. Our residents enjoyed listening to how they met, travelled and built a beautiful life together.



WINTER NEWSLETTER

ST IVES HOUSE

Saint Patrick's Day: The Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, lit. 'the Day of the Festival of Patrick'), is a religious and cultural holiday, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.



WINTER NEWSLETTER

ST IVES HOUSE

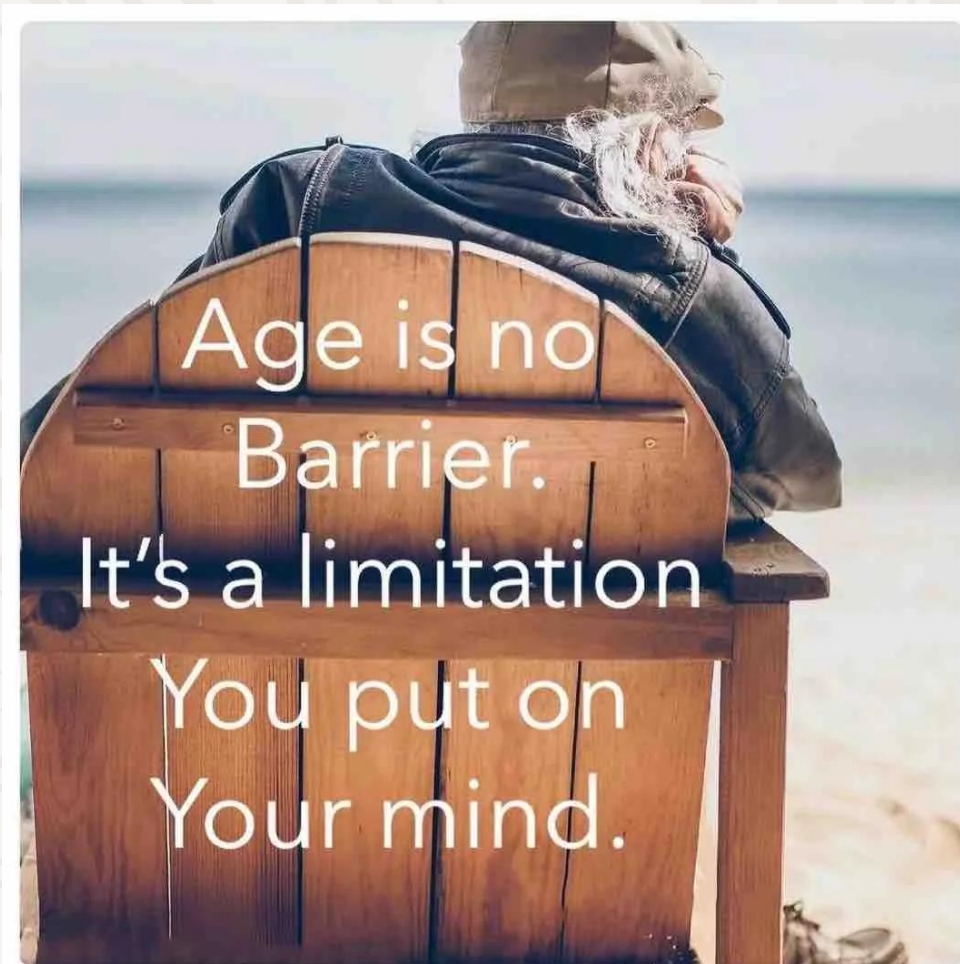
St Ives House Turns 1 Year Old: We celebrated our beautiful home turning One year old! With special guest speakers Doug Thompson, CEO Deborah Jennings and residents telling an incredible journey of cherished memories, meaningful moments and the warmth with our residents, staff and families.



Things to Note:

Hand-made Greeting Cards: Please note there are beautiful hand-made greeting cards) made by the residents) that are available at the reception if needed to mark a special occasion.

Code of Conduct for Age Care: For your reference/interest we promote the Code of Conduct for Age Care published by the Australian Government Age Care Quality and Safety Commission. This link will provide further information if required.
<https://www.agedcarequality.gov.au/workers/code-conduct-aged-care>



Best wishes,

**The St Ives House Social Support Team and
everyone at St Ives House**