

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.

🌸 **Message from DON: Sumi. P** 🌸
Keeping You Connected – July 2025

Dear Residents, Families, Friends, and Staff,
As the weather gets cooler, we're happy to share what we've been doing over the past three months at Oran Park House.

💖 **Thank You for Your Ongoing Support**
Thank you to all our residents, families, and staff for your ongoing support and teamwork. Your involvement and feedback are very important to us and help us continue to grow and improve. We have an **open-door policy** and welcome feedback anytime—by phone, email, in person, through our feedback form, or using the feedback scanner.

✍️ **Winter Health Reminder**
As winter continues, we encourage everyone—residents, staff, and visitors—to stay safe by getting their **Flu and COVID-19 vaccines**. If you need help or have questions about vaccination, please contact us.
We also kindly ask all visitors to follow our **visitor guidelines** to help keep everyone safe.

👤 **Management Team Update**
We have a few changes in our management team:

- Sumita Karki, our Deputy Director of Nursing (Level 1), will be leaving OPH on 18th July 2025 as she is relocating interstate. We thank her for all her hard work and will miss her.
- We're happy to share that An has been promoted to Deputy Director of Nursing effective 14th July 2025, An will manage Level 2, and Bibika will be managing Level 1.

- Even though we have different areas of responsibility, we will continue working together as one team to provide the best care for everyone.
- On same note our team has DON, 3 DDONs and 3 CCCs for any clinical management support along with RN 24 hours.

🗣️ **Upcoming Education Sessions**
To help prepare for the **new Aged Care Act** coming in **November 2025**, we will be running education sessions for staff, residents, and families. Topics will include:

- The **Code of Conduct for Aged Care** and **Statement of Rights**
- The **New Aged Care Standards**
- The **Implementation of Care Minutes** in aged care

These changes are part of our commitment to provide safe, respectful, and high-quality care.
<https://www.agedcarequality.gov.au/older-people/reform-changes-older-people> (Please refer link for more details)

✉️ **Stay Connected**
We continue to send important updates by email. Please check your inbox regularly for the latest news and announcements from **Director of Nursing, Sumi**.

Thank you for being a valued part of the Oran Park House family. We look forward to the coming months and will continue doing our best to make OPH a safe, caring, and welcoming home for all.

Kindest regards
Sumi
Director of Nursing/ OPH
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, Mt Anna Botanical Garden 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

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.



Activity 3

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 4

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.



Activity 5

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 6

Hawaiian BBQ Lunch

Residents enjoyed a BBQ luncheon in their respective wings due to weather condition. There was an assortment of chicken skewers, sausage hotdogs and sweets whilst listening to some old-time favourites to sing along to.



Activity 8

ANZAC DAY

We held a beautiful ANZAC service in our function room the significance of this day shone through honouring all 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.



Activity 7

Cooking Demonstration

Residents enjoyed reminiscing about making pancakes and had fun decorating with fruits and maple syrup, sharing their treats with the other residents.





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.

Gardening Club

Residents enjoyed gardening this Autumn planting some fruits and flowers in the garden beds.

Upcoming events:

- June 7th Kings Birthday
- July 7th NAIDOC Week
- July 25th Christmas in July
- August 7th Aged Care Employee Day
- August 15th Indian Independence 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.



✿ Celebrating Our Staff ✿

At Oran Park House, we love to celebrate our amazing team. These awards recognise staff who go the extra mile—whether through great care, kindness, teamwork, or simply making our residents smile.

Caring is not always easy, but our team shows patience, compassion, and dedication every day. These awards are our way of saying **thank you** for all that you do.



Thank you, as always, for your cooperation and support.

Warmest Regards

Team Oran Park House.

To All:

We would like to extend our heartfelt thanks to all residents for their continued support, valuable feedback, and thoughtful suggestions.

Please note that due to space limitations, we were unable to include all the photos in this edition of the newsletter.

We apologize for this and appreciate your understanding. We have made every effort to showcase the best and most representative images.