

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

Avalon House is looking forward to another exciting year. We have new furniture in our courtyards for everyone to use and enjoy, I would like to welcome visitors to spend time in our outdoor areas.

A quick reminder that all visitors are still required to conduct a Rapid Antigen Test before entering Avalon House, wear a mask when indoors and ensure you sign in and out at reception.

Our volunteer's program is up and running, we are still welcoming anyone that is interested in the program to contact the RAO team and register their interest.

Please email - rao_avalonhouse@thc.net.au

Our new menu started in February, our residents seem to be liking the new dishes, feedback is always welcome and can be logged via our new QR codes located around the home.

If you would like a copy of our menu, please see reception.

Laura our clinical nurse specialist and I are still encouraging our residents and families to book a care conference to discuss the care and services we continually provide at Avalon House.

Looking forward to hearing from you

Kind Regards

Hayley
Director of Nursing



Activity Highlights



Seated Yoga

With a New Year we started a new activity of Seated Yoga. Helen is gently guiding her Yogis through breathing exercises, positions and techniques.

We have adapted positions such as Cat Cow, Mountain and Warrior poses to be done whilst sitting in the chair, and we have done forward and backward bends, twists and adapted a Salutation to the Sun routine. Poses are easily tailored to suit each resident's ability and emphasis is placed on not over doing the movements, but doing what is right for our own body.

We have also learnt Sanskrit phrases and terminology, such as our final resting pose of Shivasana and at the end we all respectfully hold our hands in prayer position and say Namaste to each other, which means "greetings to you".

At the end of the session, we finish with a meditation and Helen will read positive affirmations that can be thought over and meditated upon.

The sessions are calm, moving slowly into poses, and allowing our breath to deepen and our mind to quieten. We all leave the sessions feeling renewed and refreshed.

NAMASTE.

Celebrations

Elvis' Birthday

We celebrated what would have been Elvis' Birthday on the 8th January by having Geoff Suede come to Avalon House and deliver a magnificent concert as an Elvis tribute artist. Geoff even chose to be at Avalon House and not travel to Parkes for the Parkes Elvis Festival! Residents had a lovely afternoon singing and dancing along to all their favourite Elvis songs, If you shut your eyes, you might have thought Elvis was in the building!!!



Elvis Concert

Australia Day

We acknowledged the Traditional custodians of our land with the Welcome to Country before we discussed the Australian of the year Taryn Brumfitt a body image activist.

Australia Day at Avalon House then kicked off with the all-important thong throwing competition in the upstairs lounge. Residents were divided into teams, and everyone had a chance at winning! Then the best of the best fought a hardy battle, and the overall winner was declared... Geoff! In the afternoon Murray Ferguson performed with a variety of songs from Australia and around the world.

We had an Australian themed menu for the day, and everyone devoured the home-made lamingtons.

It was a fun and happy atmosphere, and all enjoyed the festivities.



Valentine's Day

On the February 14th Valentine's Day, we had the amazing Mercedes singing to our residents all the love songs you could imagine in English, French and Italian. Mercedes made everyone feel like they were the centre of attention and they also contributed to the concert by singing along to the songs.

Mercedes was so caring and considerate of the residents they all felt confident to dance and sing and had a wonderful time.

Happy Hour

We are fortunate at Avalon House to have happy hour, every day! Residents look forward to the warm and friendly atmosphere and socialising together as well as a glass of wine or a pinky drink! With the warmer weather it's been lovely to see how many people are sitting in the courtyard alfresco style.

We recently trialled having an entertainer at happy hour. We were fortunate to have Juliet play the piano to create the ambience of being in a piano bar and everyone thoroughly enjoyed this, so we look forward to doing this again soon.

Christmas Celebrations

In fine Christmas spirit the house was dressed in the most glorious Christmas decorations and looked gorgeous with Christmas trees and wreaths all over the home.

The residents enjoyed a traditional Christmas lunch, and we even had a visit from Santa and his Elf, this brought great joy to everyone.

After lunch we were entertained by the talented Hugh Moran, our residents had a festive time, and it was enjoyed by all.

What's new?

Welcoming new residents and staff

On behalf of the RAO staff and the home we would like to warmly welcome our new residents, their families and staff who have joined Avalon House in the last 3 months

We look forward to getting to know you and working together.

Hydration Station

Due to all the hot weather we have been having it is essential everyone keeps up with drinking water no matter where they are in the home. We are aware some residents might not drink as much water as they should, so we have created a hydration station.

This is to help supplement the water jugs in residents' rooms and drinks served throughout the day.

Residents have been involved in cutting up fresh fruit to put in the water dispenser and jugs to encourage drinking water throughout the day and this has been a very successful addition to each day.



Christmas Lunch



Upcoming Events

Ice Cream Parlour 2nd March

St Patricks Day 16th March

Easter Service 6th April

Easter Long Weekend 7th – 10th April

Anzac Day Service 25th April

Mother's Day 14th May

Notices

Church services

Run by local parishes.

Christian Non-Denominational

Every 3rd Friday of the month

Catholic Service

Every 4th Wednesday of the month.

Resident/DON Meeting - 1st Monday of every month

Library Delivery service 15/3, 12/4, 10/5



Kind regards

The RAO Team

Cait, Helen, Kylie, Lisa and Sarada

Australia Day