

### Greetings from the DON

Welcome to the winter newsletter. Firstly, we wish to extend a special welcome to all the residents and their families who have recently joined the Mona Vale House family.

Maintaining good health and promoting overall well-being are our top priorities. One of our initiatives is to keep our residents up to date with flu and COVID vaccinations. All residents that consented were given the 2023 influenza vaccination and the 4<sup>th</sup>/5<sup>th</sup> COVID boosters.

We celebrated long Service recognition event for our dedicated staff who have been working for MVH over 5 years as well residents who have been residing at Mona Vale House for over 5 years. We extend our heartfelt gratitude to all our staff members for their hard work, compassion, and unwavering commitment.

Staff:

**5-9 years:** Carina Celis, Carla Cuciniello, Dharmesh Rajbanshi, Kylie Barber, Robert Elvy, Shova Acharya, Sita Khadka-Bogati, Tara Maddison-Sly

**10-14 years:** Doreen Ferdinand, Jelena Vuletich, Phurbu Tsering, Vera White, Wilma De Villa

**15-19 years:** Debra Cullum, Dolker Dorjee, Gonpo Nangra

**20-24 years:** Bebilinda O'Connell, Karen Seyer, Margaret Holford, Seonaid Beaumont, Suzanne Fleet, William Macdonald

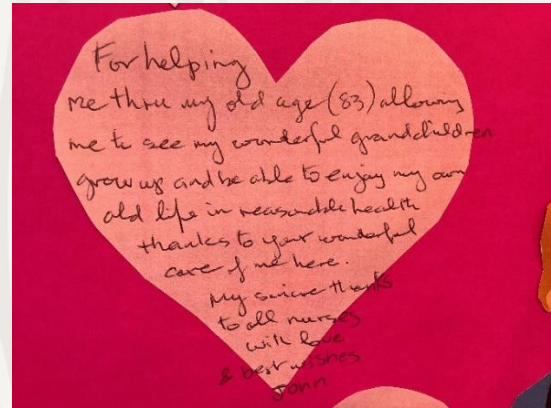
Your feedback and suggestions are invaluable to us. We encourage you to share your thoughts, ideas, and recommendations, as they help us improve our services and make our facility an even better place to live. Please feel free to contact us via phone, email, our new QR codes located around the home or in person.

Warm regards,

Sonal

### International Nurse's Day

The residents presented our Nurses and Care staff with a card to thank them for their special care. It hangs proudly in the staff room for all to admire. Here is one of the many messages written by the residents.



Pictured below: Staff with their Award Certificates.



Pictured above: Brenda receiving an award from Mr Thompson with Sonal and Samantha.



### Happy Easter Celebrations!



The ladies were highly creative this Easter arranging fresh colourful flowers for the table centrepieces. Celebrating starting well in advance with decorations, easter related crafting, and of course lots of sampling of chocolates!

### That's Entertainment!

Each week the residents are treated to a variety of wonderful entertainers from classical guitarist, pianist and singers. Shown below are residents being enthralled by Paul the Magician. A fun and delightful afternoon was had by all.



Picture Above: Celebrating at the Easter Luncheon

### St Patrick's Day

St Patrick's Day celebration was a great success. Residents enjoyed traditional Irish music and games and admiring the festive decorations. A special Irish lunch was served as well as a selection of drinks as well for those who wanted to partake.





### Fun & Games

Here is Pat and Shirley catching up at carpet bowls. Whether its exercise or craft, there is always an opportunity to meet and make friends.



Pictured: Residents enjoying a game of Dominoes

The men's club continues to meet bi-monthly and discuss a range of topics. It's a great way to meet others and share life experience and interests.



### Happy Mother's Day

This year we gave thanks to all the mother's and those who have taken on mothering roles. It is certainly a time for reflection and reminiscing. The residents celebrated with a very special Mother's Day Luncheon. The tables were adorned with vases of fresh flowers. In the lead up to Mother's Day residents made cards, crafting, as well as flower arranging. One afternoon residents enjoyed a "Day Spa", complete with foot spa, hand massage and a manicure.





### ANZAC DAY – Lest We Forget

Commemorating ANZAC Day this year was very special. A big thank you to all the staff, residents, and families who helped make ANZAC Day meaningful. We all listened solemnly as stories and poems were told of bravery and sacrifice. Despite the passing years, the spirit of the Anzacs remains strong, and we honoured their sacrifices with pride and respect.

Following the Service, a special luncheon was served.



### Multicultural Day

A wonderful day was held for residents and staff alike to celebrate diversity.



Staff dressed in their cultural dresses to represent their cultures. Staff and residents shared information and stories from their homeland. Staff performed dances and sang songs for residents to enjoy and participate in. Chef Carla prepared and served a variety of international cuisine. Residents loved it so much and have requested to have it as a regular event.



### From the RAO Team:

Hello everyone and welcome to the 2023 Winter Edition Quarterly Newsletter.

A big welcome to our new residents who have joined us recently. So much has been happening in the past three months. We have celebrated Mother's Day, St Patrick's Day, Multicultural Day, The King's Coronation, Easter, and of course ANZAC Day. The residents have enjoyed a wide range of activities. Recently we have been including armchair travel. Just yesterday we visited The Netherlands and enjoyed an afternoon of Danish treats. Next trip is Croatia! Of course, all our popular activities are a staple on the monthly calendar such as Songs Around the Piano, Bingo, Book Club, Puzzles & Games singing, concerts and more. Men's club is still proving a hit and we have reintroduced knitting club now that winter approaches. Please help yourself to a copy of the weekly planner of events at reception. Of course, we welcome any feedback or suggestions, and our door is always open to residents and their families if you have any questions.

Best Wishes,

Walter, Janet, Sarada, Kylie, Eve, Rob and Nisha

### Regular Events:

- Bus Trips each Tuesday & Thursday 1.30
- Hairdresser each Thursday – Contact RAO or Reception for bookings

- Holy Communion – 1<sup>st</sup> Tuesday of the Month
- Love in Action: Hymns & Pray – Monthly
- Resident & Family Meetings Last Tuesday of each Month.

### Upcoming Events

#### June 2023

Italian National Day 2<sup>nd</sup> June

Trinity Sunday 4<sup>th</sup> June

World Oceans Day 8<sup>th</sup> June

King's Birthday 10<sup>th</sup> June

June Solace 21<sup>st</sup> June

World Music Day 21<sup>st</sup> June

Croatia Independence Day 25<sup>th</sup> June

#### July 2023

NAIDOC Week 2-9<sup>th</sup> July

Bastille Day 14<sup>th</sup> July

Nelson Mandela Day 18<sup>th</sup> July

Tisha B'Av 27<sup>th</sup> July

World Friendship Day 30<sup>th</sup> July

#### August 2023

Horse's Birthday 1<sup>st</sup> August

International Beer Day 4<sup>th</sup> August

World Indigenous Peoples Day 9<sup>th</sup>

Daffodil Day 25<sup>th</sup> August