

Greetings from the DON

The Autumn season with its cooler weather has thankfully also coincided with a continued relief to COVID-19 restrictions over the months of March through to May. We have continued to have very few cases of COVID over these past few months due to the safe protocols and procedures at Wahroonga House. Subsequently our community at Wahroonga House has been able to participate and enjoy the many & varied activities held over these past months.

In April Wahroonga House was audited by the Aged Care Commission, as this is a requirement every 3 years for renewing our license to operate. The audit was undertaken over 3 days and included interviews with residents, staff, family and volunteers. The report has been submitted for evaluation however the feedback received by the auditors on completion of their time with us was we had met all the required Aged Care Standard at an exceptional level.

Activity Highlights

Armchair Travel & Art classes

Residents were treated to informative and entertaining Armchair travel presentations to India, Mexico and Alaska over these past three months. In the travel presentations which are held in our cinema, residents are shown a video on the best places to visit and provided with fun facts, trivia and a quiz for entertainment. Residents always love the food and wine tasting of the country which is included as part of the activity. In April's Armchair travel to Mexico, residents were given a first-class air ticket on their arrival and enjoyed a glass of sangria which is the popular Mexican cocktail, along with guacamole dip and taco chips whilst being entertained with the travel video.

In our Art classes residents enjoy the opportunity to stimulate their creative skills in the various art classes held each month. In March we made colourful paper frangipanis flowers which were then attached onto a branch and displayed in the café. Easter the art class painted beautiful coloured easter eggs.



Art classes creating frangipani flower displays for the café

Anzac Day Commemorative Service

Wahroonga House held an ANZAC Day commemorative service on Wednesday 26th April. The service was held in the chapel and was attended by some 60 residents and some family. The guest speaker was the President of the Hornsby RSL sub-branch, Mr George Main who gave a wonderful and inspiring speech. Various residents from Wahroonga House led the service including saying The Ode reading prayers and laying of the wreath. A special thank you to resident Dianne Parsons who sang beautifully the hymn Abide With Me.



Anzac Day Commemorative Service held in the Chapel

What's new?

A new community service program, partnering with Barker school students was set up in March. Year 8 students arrive twice a month to interact and spend time with our residents. This may involve playing scrabble with residents over cups of hot chocolate in the café, reading the newsletter to residents who are visually impaired or just enjoying some conversation over a coffee in the café.



Barker students playing scrabble with resident for their volunteer service program

Celebrations - St Patricks Day

Wahroonga House was decorated and dripping in green decorations come St Patricks Day on the 17th March 2023. The café, lounge rooms and the main reception were festooned with emerald-coloured balloons and shamrocks. The "green theme" continued for Morning tea at Coffee Club in the café where green sponge cake was served by staff dressed as leprechauns. The highlight was playing Irish carpet bowls which was using a potato spud instead of a lawn bowling ball!



Staff dressed up for St Patricks Day

Mexican Fiesta Party

We all decided it was time for some serious fun and partying! So the Recreation and Activities Officers came up with a Mexican Fiesta themed party which included colourful banners and balloons, an amazing Mexican band to Seonaid the residents, dancing, sangria and specialty Mexican delicacies. Residents said it was the best party ever put on by Wahroonga House!



Resident Graeme getting into the festive mood for the Mexican fiesta party



Resident Graeme getting into the festive mood for the Mexican fiesta party.

Birthdays

Once again, we have had a flurry of birthday celebrations at Wahroonga House during the months of March to May 2023.

Residents who celebrated their "90 something" birthdays included Ken Armstrong, Muriel Bangs, John Shannon, Malcom Fox, Alan Carver, Betty Wilson, Monica Lamond, Elizabeth Bold, Irene Pavlov, Dulcie Murphy, Hope McKenna, Max Brodie, Peter Chojnicki, Jen Johnson, Gwen Duncan, Margaret Woodhouse to name just a few. Staff and fellow residents sang them happy birthday, presented each resident with a birthday cake along with festive balloons and a card to mark the special occasion.



Celebrating Margaret Bourke's Birthday with friends and family

Resident's contribution

The Resident Committee has continued to meet on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. It is also to help plan activities that any resident can join and shape the community to make it feel more like a home. The committee is to give residents a say in how their home is run. Some of the suggestions the committee has raised over these past few months which have been implemented include new bed linen and blankets, lunch and dinner menus on all dining tables, more fresh towels and face washers and new laundry procedures to minimise lost clothing items.

Special Moments

Pet Therapy is arranged as an activity at Wahroonga House for every Monday. This is a much-loved activity for our residents. The wonderful volunteers bring their furry friends along to provide much happiness and company.

Encouraging enjoyable leisure time and making friends is very important and so it was delightful to often see residents playing board games.



Pet Therapy with our furry friends on Mondays



Residents enjoying a game of scrabble in the cafe

Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming winter months.

The main celebrations will be the Kings Birthday with a public holiday on Monday 12 June 2023. A special morning tea is planned for that day. Also, in July NAIDOC week runs from 2– 9 July 2023. This year's theme is "For Our Elders", which will provide an opportunity to celebrate the event. Also, we will celebrate La Bastille Day on the 14 July 2023.

The regular monthly Resident and Relatives meeting will be held on the last Friday of the month at 11 am in the cinema.

Also, the Resident Monthly Welcome Morning Tea is now held on the 3rd Thursday of each month.