

Greetings from the Director of Nursing

Welcome to Winter! Our mornings are getting very chilly, and our gardens are seeing the last leaves fall from the trees. Welcome to all our new Residents and their families who have joined us at Tarragal House over the last three months. Last month we were assessed over our three-day accreditation, we are very happy to announce Tarragal House has received glowing reports and has been re-accredited for another three years. Some of the feedback from our assessors reflected our residents felt in control of their environment and lifestyle and Residents are happy with our food and catering services while they commended our approach to nurturing social relationships as a big positive feature of Tarragal House.

Last week our residents attended our Food Consultation Meeting to put forward their suggestions and evaluate the current menu. We will see the draft for the Winter/ Spring Menu shortly.

Soon we will be conducting our round of surveys to reflect Quality of Life and Consumer Experience that will be lodged in the updated National Quality Indicator Program. These will continue to happen every three months with the data lodged to the Commission each quarter.

Our Residents are active in making decisions that impact their lifestyle. We hold a food and hospitality department meeting monthly for any residents who wish to attend and agree on changes or decisions they welcome.

Please feel welcome to provide your feedback or suggestions; at Tarragal House we have a system that supports a QR scan code for feedback to be submitted directly to our home into our quality assurance register.

We wish everyone a safe and warm Winter ahead.



Kate Kumar

Activity Highlights

Magic brings smiles and laughter.

We were treated to an amazing Magic Show hosted by Magician Joel. It was a fabulous show as he entertained a packed



room of residents and staff. His trickery amazed everyone with disappearing bunnies and birds that were somehow found under a hat on someone's head. As the show ended, he stayed to greet our residents with his very well-behaved bunny but never gave away any of his tricks. The smiles and laughs voted him top spot on the activity evaluations for the quarter and we look forward to welcoming him back to Tarragal again.



The cutest magic prop ever

Meeting New Friends and Catching Up with Old Ones at Hillview House

Last week our Residents ventured over to Hillview House at Woy Woy for a combined activity of flower arranging followed by lunch and then a bus trip around their local beaches and waterways. This is a great way both Tarragal and Hillview House can support and collaborate with each other to strengthen our teams and knowledge.



Flower arranging with Friends

Pet Therapy with Ace

Our very fluffy and attractive Pet Therapy dog 'Ace' is visiting Tarragal House weekly with his owner, Jim. Ace is a male Samoyed and has the most amazing personality. He is placid and docile as he enjoys a pat and meeting our residents on his walk around our home. A massive thank you to Jim for giving up his time to bring happiness and smiles each Wednesday morning.



Drum Therapy at Tarragal

Drum Therapy has now been added monthly to our program as requested at our recent Resident's Meeting. Drum Therapy has proven to not only release tension but harness those hidden musical talents that we have seen over the recent weeks. The activity is loud with lots of laughter and enjoyment. Our residents have managed to get some great rhythm coordination promoting dexterity and upper body movement.



Music and Rhythm see's this activity at No.1



What's New?

Physiotherapy Team at Tarragal



Paul, Pauline and Swikriti

For any new residents we would like to introduce our Physio team at Tarragal House. Paul has been our dedicated Physiotherapist for 13 years and is supported by his team Pauline and Swiki. Although small, this team has seen amazing accomplishments with improved resident

outcomes. We often welcome new residents who are rehabilitated and can return home with support after a few weeks. The team not only provide one on one therapy sessions but also run group sessions:

- Bar and Balance
- Move It or Lose It
- Seated Tai Chi and Chair Yoga
- Exercise Groups
- Parachute & Balloon for reflexes
- Physio Guided Walks to places such as Terrigal Boardwalk

Special Moments

Doris Takes a Trip Down Memory Lane

Doris enjoyed a wonderful Sunday when her children planned a trip to Sydney to visit her old home in Hurstville and spend time at her daughter's resting place at Rockwood Cemetery. On arrival to Sydney, Doris was surprised by her daughter who had arrived from Singapore to celebrate the day with her.



Grapefruit from the tree Doris planted.

They spent the day reminiscing and Doris was able to go into her home finding the wood panelling she installed in her home was still there. She even found fruit growing on a tree she planted over 40years ago. It was wonderful to see the big smiles and enjoyment Doris experienced.



Visiting Doris' Home

Upcoming Events

- 1st June 2023-** Residents Morning Tea
- 7th June 2023-** Cheese & Wine Tasting afternoon- hosted by Bamvino
- 14th June 2023-** Laycock Theater: Royal Australian Navy Big Band
- 6th July 2023-** Residents Morning Tea
- 10th July 2023-** 'The Gals' in house concert
- 11th July 2023-** Dale Ryan- afternoon sing-along concert
- 24th July 2023-** Frantastics dance in house concert
- 26th July 2023-** Catholic Mass
- 2nd August 2023-** Dale Ryan- afternoon sing-along concert
- 3rd August 2023-** Residents Morning Tea
- 9th August 2023-** Laycock Theater: Gens of Jazz- Gina Hogan
- 23rd August 2023-** Catholic Mass
- 28th August 2023-** Drum Therapy
- 30th August 2023-** Mitch- concert with guitar and vocals



Royal Navy Big Band at Laycock Theatre

Notices

- Allied Health services are continuing as normal; this includes Podiatry, Dental, Speech Pathology, Audiology, Optometry, Physio and Dietician.
- Updated Covid visiting restrictions:
 - ~There are no visiting hours or restrictions however we strongly encourage visitors to be fully vaccinated.
 - ~We ask all visitors to continue RAT testing either using our supply or provided from home.
 - ~Thank you to everyone for following our changing PPE requirements. Usually, surgical masks are the only form of PPE however N95 masks will be provided if our requirements change.
- Our preferred method of correspondence is via email. Please advise our Reception Team if would like an email address added to the mailing list.
- The Covid 'Booster 5' vaccination program is ready to start. We will be contacting families for consent. This booster is part of the Winter Influenza in Aged Care Program and should be administered soon prior to the Annual Influenza Vaccination.
- Please forward any Direct Debit Chemist Outlet Pharmacy Forms to Kate (DON)



Jeanette teaching Frankie to stay.