

*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

Welcome to Winter

I would like to start by acknowledging all our wonderful residents. Over the last few months, Avalon House has welcomed many new residents which has been lovely, however this transition can be challenging at times not only for the new resident but for our current residents as well. I can proudly say that all our residents have settled into their new home very well and are feeling welcomed.

Avalon House has completed the annual flu vaccination clinic and many of our residents have now had their 5<sup>th</sup> COVID booster.

Staff and visitors are all encouraged to obtain their annual flu vaccination and COVID booster, to help keep us all safe so activities can continue as normal at Avalon House.

Regarding clothing, I would strongly recommend you only bring items that can go through industrial washers and dryers. If you do choose to bring items in such as pure wool jumpers, linen clothing or any other items that are particularly sentimental, this will be at your own risk. We cannot replace them.

Avalon House continues to encourage care conferences with family members, so please contact myself or Laura to book an appointment.

Kind Regards

Hayley  
Director of Nursing



### Activity Highlights

#### Coronation of King Charles III

We got the bunting out, waved our flags and settled down to watch the Coronation of King Charles III on Monday 8<sup>th</sup> May.

We were delighted to watch all the highlights, admiring the carriages, the horses and military uniforms and then watched the crowning of King Charles and Queen Camilla, and marvelled over the traditions and the music and all the outfits. It was the most amazing spectacle, and many residents reminisced about watching Queen Elizabeth's Coronation 70 years earlier.

We followed this with a high tea, and a rousing three cheers for the King!

The previous week we watched a documentary on King Charles which had such a good turnout, so we scheduled another documentary for the Wednesday after the Coronation, however after a discussion with residents we put it to a vote and decided to watch the Coronation again. We agreed that there had been so much to take in we could easily see it all again!!!



### Guest speakers

Over the last few months, we have added guest speakers to our program.

We kicked off with former Premier to NSW Barrie Unsworth. Barrie gave a fascinating speech highlighting the achievements of former Premiers and told some fascinating stories of his own time in the Premier's Office and the wonderful people he met and the opportunities this afforded him. It evoked many memories as residents recalled previous Premiers.

Barrie was a wonderful and generous speaker, and we look forward to him returning to Avalon House in the future.

Next, we had a wonderful lady called Sheridan come and demonstrated her yarn and spinning. Again, this was an absorbing talk as we learned how she transforms the fleece into yarn she can then knit, and we saw many of her beautiful creations. It was a fabulous sensory experience as she handed around fleece, yarn, and her finished garments that we got to touch and even smell the fleece and marvel over her ability.

The next speaker was David Lyall, who is the husband of one of the residents and he talked about the MLAK – Master Locksmith Access Key and his involvement in its conception and design, as well as talking about his National Service and volunteering with the Surf Lifesaving.

Having the guest speakers has added a wonderful new element to our program, learning new things and listening to people's stories as well as having time to ask questions. We are looking forward to continuing these in the future.



### Staff "Long Service" Celebration

In April, Avalon House celebrated our Staff "Long Service" morning tea. Staff and residents enjoyed the company of Doug Thompson Proprietor, Mac Bide CEO, Hayley Bonnici DON and Laura Weber CNS and our executive staff from head office.

Avalon House staff were awarded a commemorative badge and certificate for their years of service and dedication to Thompson Healthcare. Residents who also had been at Avalon house for more than 5yrs were also recognised. After the ceremony Staff and residents enjoyed a delicious morning tea together.





### What's new?

#### Welcoming new residents and staff

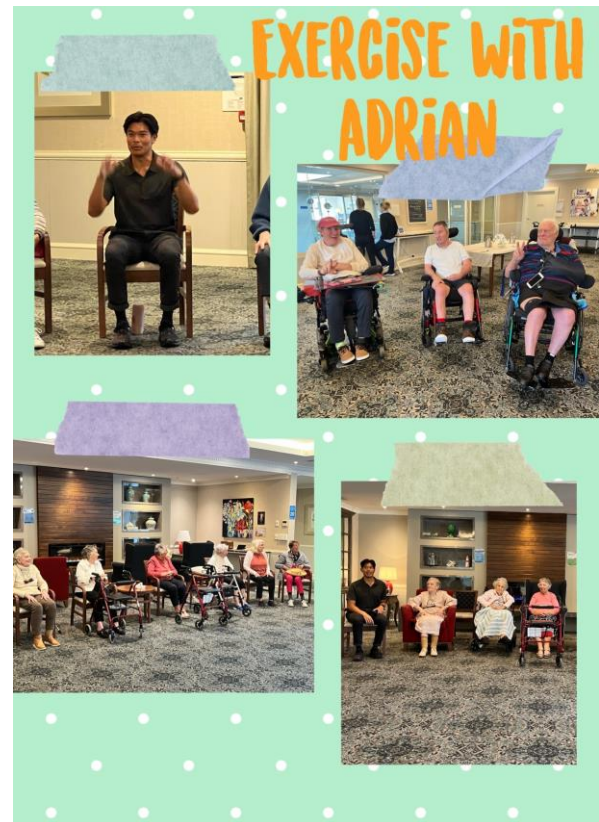
On behalf of the RAO staff and the home we would like to warmly welcome our new residents, their families and staff who have joined Avalon House in the last 3 months. We look forward to getting to know you and collaborating together.

We have been fortunate to have some new activities over the last 3 months,

**Exercise with Adrian** has been a fun addition to our program Adrian is a physiotherapist and with his assistance we work together to achieve exercise outcomes in a fun and exciting way

**Knitter Natter** began last month with Helen our RAO residents sat around the fireplace and chatted whilst they knitted and many residents helped one another. It was a beautiful and heartfelt activity

**Drumming Circle with Carly** There was a rousing rumbling been made in the drumming circle with everyone participating with such exuberance and cheer, everyone looks forward to drumming with Carly again soon.



### Resident Quotes

Elizabeth

"Kind people are my kind of people"

Pat

"You are all so nice here, I'll give you all 100/100!"



### Dates to remember.

### Coming Up

#### June

The Biggest Morning Tea **1<sup>st</sup> June**

Piano Bar with Juliet **6<sup>th</sup> June**

Monarch's Official Birthday **12<sup>th</sup> June**

Charlotte Concert **15<sup>th</sup> June**

Elvis Entertainer **20<sup>th</sup> June**

Drumming Circle **23<sup>rd</sup> June**

Paul Leventhal Concert **29<sup>th</sup> June**

#### July

NAIDOC Celebration – Guest Speaker **6<sup>th</sup> July**

French Week **10<sup>th</sup>-16<sup>th</sup> July**

“Viva” Entertainers **13<sup>th</sup> July**

#### August

Hugh Moran Concert **3<sup>rd</sup> August**

Kristy Lee Concert **10<sup>th</sup> August**

Pianist Roderick **24<sup>th</sup> August**

Piano Bar with Juliet **30<sup>th</sup> August**

### Ongoing

Happy Hour **everyday 3:45- 4:45pm**

Hairdressers **Every Tuesday** in the hair salon

Resident/DON Meeting - **1<sup>st</sup> Monday of every month**

Library Delivery service **7/6, 5/7, 2/8**

#### Church services

Run by local parishes.

#### **Christian Non-Denominational**

Every 3rd Friday of the month

#### **Catholic Service**

Every 4<sup>th</sup> Wednesday of the month.

