

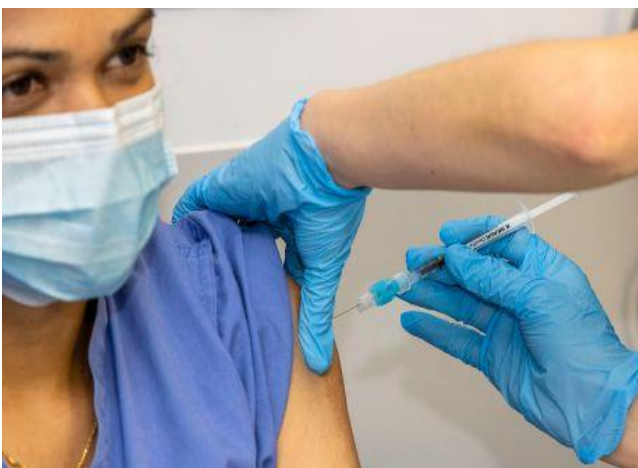
Greetings from the DON

Winter a season of the year characterized by cold and windy weather, short days and long nights are here with us now, often it brings with it the cold, flu, and other weather-related illnesses.



I would like to thank Milford House Nursing Home staff for their initiatives and supports that 98 percent of them have had their Influenza vaccines and third COVID vaccine boosters understanding the notion that keeping the consumers safe starts from the people around them.

I would also like to thank Dr. Lynn McKenzie and Feby from Randwick Community Pharmacy for making this campaign to keep Milford House safe successful by providing the vaccines not only to the residents but to the staff as well., relatives were also encouraged.



What's new?

A warm welcome to Jackie Vihinen, our new Chef and have been a professional chef for 23 years. She was originally from Thailand and married for over 20 years to a wonderful man from Finland. Her knowledge and experiences preparing European, Australian and Asian cuisines especially Thai dishes are remarkable, she is a big asset to our catering team with Freya, Uila, Pop and two new assistants - Portia and Junia working alongside her.



Jackie Vihinen - Head Chef



Salmon and Vegetable Curry by Chef Jackie

Activities for the Residents

We make our residents busy by providing more activities that build their health and wellbeing, physically and mentally. They can choose from the social and event calendar like arts and crafts, quizzes, bus trips, and indoor sports. When the resident moves in to Milford House, our Recreational Activity Officer ask their hobbies and personal interest so we can personally tailored activities for them



Colour & Shape Matching Game



Leaf Craft Activity



Trick Sticks - to test their coordination and reasoning skills



Tin Can Bowling



Bus Trip

Special Moments

Anzac Day

The residents commemorated and honored the memories of our veterans past and present. It provides the residents the opportunity to talk about their experiences with war and share their stories with others. We have had the privilege of caring for many veteran consumers over the years.



Ted with his family. He served in the in the Australian Armed Forces during World War II.

Mother's Day

The residents celebrated the Mother's Day with some activities like listening to music, quizzes, and storytelling and high tea.



This is one of our residents, Wendy - celebrating Mother's Day with presents from her family.

Mother's Day is the opportunity to honour and celebrate the wonderful mothers and every motherly figure in our lives.

