

Greetings from the DON & RAO's

Hello Residents, Family & Friends

Greetings from Terrey Hills! Hope you all have weathered this cold winter well and stayed in good health. As you are aware with the winter approaching there have been several Covid and viruses around the community and in the Home. As a precautionary measure our recreational activities were put on hold for a period of a week in April and the residents had to be content with a low level of social interaction. Thankfully families were still able to visit and take their loved ones out. We put a wide range of movies and exercise DVDs in that time, did Face Time calls, gave residents many activities to do in their rooms.

We would like to personally thank you for your ongoing support during these difficult times.

Sandy

Director of Nursing

Anne

RAO Coordinator

What is new?

We would like to welcome all new staff that have dedicated their compassion to looking after others.

We have introduced a new program for the men, called EWOP, which is a service run by Anglicare to ensure the emotional and mental well being of the Residents. This workshop provides integrated support that is suitable to the needs of the Resident, it includes, counselling, psychology, and recreational activities. Its benefits include, mood improvements, reduction in anxiety, increased ability to cope with life

changes and increased interest in social activities.



Celebrations

We always like to see our Residents have a wonderful day on their Birthday, they are usually visited by family and friends and our staff will sing to them on the day and make them feel special, especially one of our Residents' Kathy who celebrated a milestone Birthday, 90 years young, congratulations! Resident's always putting their contributions to such an advantage. Well done!

In March we celebrated the Staff and Residents Long Service Recognition. We have staff that have been here from five years to twenty-five years. One of the Residents celebrated nine years being with us. Well Done!





Recent Events

Anzac Day

Anzac Day is one of Australia's most important national occasions. On this day, 25th April each year, our entire country and our Nursing Home unites to commemorate the service men and women who have played an important role to protect our country. Here, we still have veterans who have served the war. We held a special service for our residents, past and present, gathered to read the Ode, lay the wreath, listen to the Last Post, and sing the National Anthem.





speeches, songs, and dances from around the world that represents their culture.



Multicultural Day

On the 8th of May, we celebrated Multicultural Day, that recognises our diversity and brings together Australians from all different backgrounds. Staff dressed up in clothes from their origin and we provided entertainment with



Mother's Day

We like to celebrate Mother's Day here at Terrey Hills. The day to celebrate our mother's nurturing us and gave us life. Some of the gathering here with families, like always, we treated the residents with some special chocolates and a Mother's Day afternoon tea.



Easter Day

Easter is a well celebrated tradition in all Christian countries around the world. Easter is about spending time with family. Here, we did the Stations of the Cross for the Catholic residents, put a movie on for others, the RAOs did some Easter craft with the residents, on Easter day we had a special afternoon tea with a trivia and a distribution of Easter eggs.



St Patrick's Day

St Patrick's Day was celebrated with all green and Irish. Residents partook of a special themed day, with a menu put together from our talented chef in the kitchen. Irish jokes, songs, trivia, special afternoon tea and limericks ruled the day.



Special Guest Speakers

We were lucky to have two guest speakers in March, Jacquie Scruby, candidate of Pittwater and a member of Surf Life Saving on the Northern Beaches.





Regular Recreational Program

We continue to offer residents a wide range of exciting activities that include physical, social, cognitive, spiritual, cultural, and emotional aspects of health. We always aim to cater for all interests. Our program includes, quiz, arts and craft, music, bowls, movies, jewellery making, happy hour, bus trips, library, exercise, pancake day, ice cream runs, games, trivia, religious activities, and many more. For Residents that are unable to get out of their rooms, we offer our one-on-one service as well as our support.

Ainslie Shop

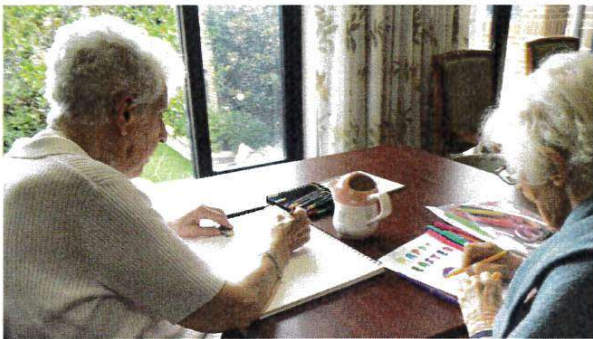
The Ainslie shop comes in quarterly to set up their little shop of gifts, bags, scarves, coats, and jewellery, this is a time that residents and staff can do their gift shopping.

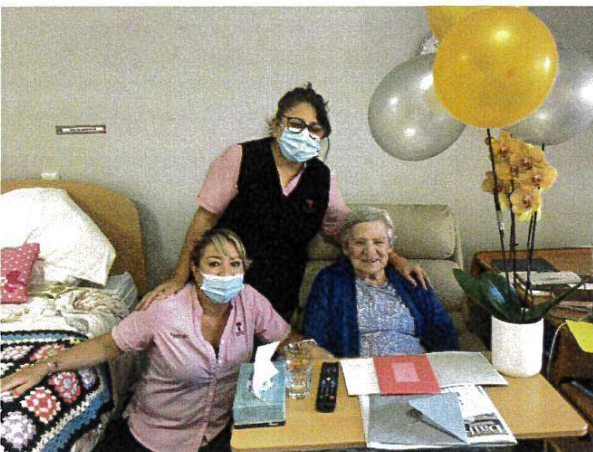
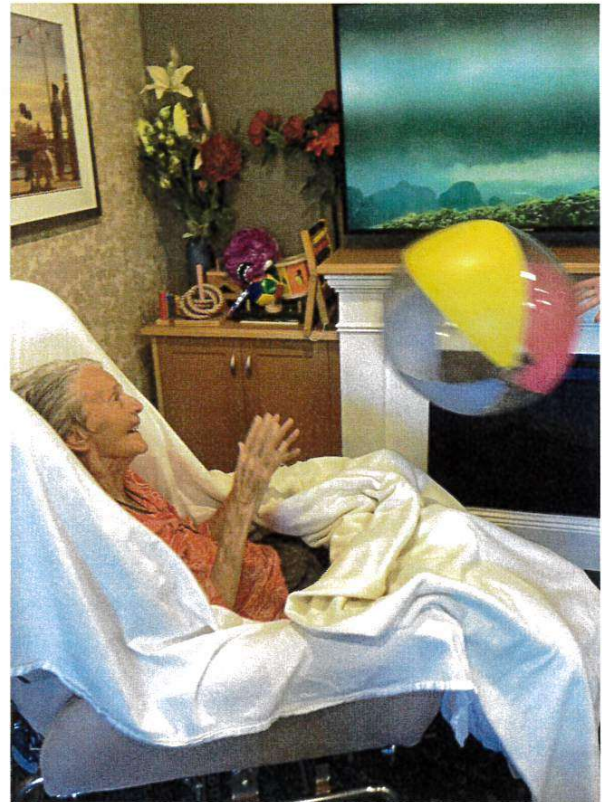


June's Token Stall

June our RAO has a token stall for the residents quarterly, for the ones who are unable to shop for presents. When we have the activities, residents collect tokens to buy at the stall. We collect donations from the community to make it possible for the token stall.







Upcoming Events

- 2 June Larry & Robyn perform
- 6 June Mirrabooka Choir perform
- 9 June Tony Mazel performs
- 16 June Elvis performs
- 23 June Alex & Megan perform
- 30 June Mercedes performs
- 7 July John Klem performs
- 14 July Peter Eliot performs
- 21 July Grant performs
- 28 July Joanna performs
- 4 Aug Emily & John performers
- 11 Aug Murray Ferguson performer
- 18 Aug Viva performs

We would like the opportunity to thank you all for your support during the year, it sure did have its challenges. Do not forget if you cannot make it to see your loved ones, you can do a face time call or even send them flowers or a gift.

Bye for now and keep safe.

