

### Greetings from the DON

Welcome to vibrant spirit of Spring! As the days grow longer and the scent of blooming flowers fills the air, our dedicated team is thrilled to welcome the joy and energy this season offers.

Welcome to all our new Residents and their families who have joined us at Mona Vale House over the last three months.

In June, Mona Vale 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, and family. We are very happy to announce Mona Vale House has received glowing reports with all the required Aged Care Standard Met and has been reaccredited for another three years.

Your thoughts and suggestions are invaluable to us. We're dedicated to continually improving our services, and your feedback helps guide our efforts. Please share your thoughts through our feedback QR codes, emails or speak with any member of our team.

Warmest wishes for a joyful and rejuvenating spring season!

Warm regards,

Sonal More

### Christmas In July Celebrations

Residents enjoyed their Christmas in July luncheon with all the trimmings. Following the delicious lunch, the residents got highly creative making fancy Christmas hats from wrapping paper – very chic!



Pictured above: residents enjoying socializing while enjoying favourite tunes played by Greg on his guitar.

### Special Guest Speaker: Barrie Unsworth (former Premier of NSW)

The residents and staff alike were enthralled and delighted as Barrie Unsworth took us on a brief history of Prime Ministers and shared his personal stories of his time as a Union Leader and eventually leading into politics. One interesting story included meeting and taking care of Lady Diana when she and Charles visited Australia. Barrie served as the 36th [Premier](#) of NSW from July 1986 to March 1988.





### Getting The Creative Juices Flowing

Each week you will find a craft session that is sure to please. From painting, colouring in, sketching, knitting and wool craft. If there is a special craft you would like to do please let us know.



### Scenic Bus Trips

Each Tuesday and Thursday residents are treated to a 2-hour Scenic bus trip around our scenic Northern Beaches, from Manly to Palm Beach and out to Bobbin Head. Rob always finds a nice spot to park and have a nice afternoon tea on the bus. If you would like to go on the bus trip, please let the RAO Team know!



### Anyone for a Cuppa?

Recently a group of residents enjoyed the sensory experience of making Chocolate Slice made using Weetbix. It was delicious and hard to stop eating after one slice. After cleaning up and setting the table everyone enjoyed a well-deserved cup of tea with chocolate slice of course!



### Fun & Games

So much fun is had when playing carpet bowls, darts, twister with a twist, bingo, word and board games just to name a few! It's a great way to meet people, make new friends and get a good dose of happiness.



Pictured above "Balloon Tennis"





Pictured above Twister with a Twist”

### Wellness Talk

Kerri from Emotional Wellbeing for Older Persons visited Mona Vale House and presented a talk to residents on how to assist them to manage their emotions and feelings and to provide available resources.



### Concerts and Entertainment:

Each week the residents are entertained by a range of professional performers. As a special treat, Arron, a local High School student, performed and played his trumpet for the residents. Arron played jazz and classical styles prepared specifically for his HSC. The residents

appreciated speaking with him afterwards as he answered their questions and told them of his upcoming exams and plans for the future.



### Pet Therapy

Visting toy poodles Jorjie and Gigi were very welcomed by the residents and got lots of pats and cuddles (as well as some treats) as they made their way around the home visiting the dog loving residents.





### Armchair Travel

These past three months have been a very busy time for our armchair travellers. We have travelled to Croatia, Italy, France (as part of the Bastille Day celebrations), as well as India to celebrate their Independence Day. When travelling abroad, residents are treated to an insight of the culture, the people and food. Check out the monthly calendars to see where we will be travelling to next!



Above: Residents enjoy a Croatian luncheon



Above:  
Residents are treated to an insightful journey to India by Sonal

### Spiritual Care

On the first Tuesday of each month at 3pm Father Zygmunt or Father Richards visits to offer our residents Holy Communion.

Also, on offer is "Love in Action" a visiting upbeat Christian Service provider They include favourite hymns which are enjoyed by all. Services are held monthly.



### From the RAO Team:

Hello and welcome to the latest edition of our quarterly newsletter.

We would like to extend a warm welcome to our new residents who have joined us in the past three months. We are delighted to have you as part of our community, and we hope you feel at home here. We encourage you to participate in our activities, events, and programs that are designed to suit your interests as it's a great opportunity to make new friends.

We also want to thank our residents for their continued support and feedback in helping us to create a program of activities for everyone. We appreciate your suggestions, comments, and opinions, as they help us to improve our services and tailor them to your preferences. We always welcome your input, so please feel free to share your thoughts with us anytime. If any family member would like to join us and volunteer to assist for any activities, we would love to have you.

In this newsletter, we have highlighted some of the activities that we have had over the past three months, but to fit them all would take a ream of paper!

As the weather is getting warmer, we look forward to taking advantage of the outdoor areas and enjoying the fresh air and sunshine. Today we welcomed the hatchling chickens for Spring, a season of rebirth and renewal. Pictures of the chickens will feature in the next newsletter along with the many fun times ahead.

Best Wishes,

Walter, Janet, Sarada, Kylie, Eve, Rob and Nisha



Pictured: Residents July Monthly Meeting

## Upcoming Events

### September 2023

Wattle Day 1<sup>st</sup> September

Father's Day 3<sup>rd</sup> September

Brazilian Independence Day 7<sup>th</sup> September

R U OK Day? 14<sup>th</sup> September

Mexican Independence Day 16<sup>th</sup> September

Greek Independence Day 25<sup>th</sup> March

Octoberfest Begins 16<sup>th</sup> September -

Yom Kippur 25<sup>th</sup> September

### October, 2023

International Day of Older Persons 1<sup>st</sup> October

Labour Day 2<sup>nd</sup> October

Gandhi's Birthday 2<sup>nd</sup> October

World Animal Day 4<sup>th</sup> October

United Nations Day 24<sup>th</sup> October

Halloween 31<sup>st</sup> October

### November, 2023

Cinco de Mayo 5<sup>th</sup> May

Melbourne Cup Day 7<sup>th</sup> November

World Science Day 10<sup>th</sup> November

Remembrance Day 11<sup>th</sup> November

Diwali 12<sup>th</sup> November

Mona Vale House Market Day Date TBC

### Hairdressing Salon

Open each Wednesday, to make an appointment see reception or RAO Officers.

Please check our website for the Monthly Planner. Weekly calendars are delivered to rooms and are available at reception and are posted on the notice boards throughout the home.