

Greetings from the DON & RAO's

Hello Residents, Family & Friends

Welcome to our Spring newsletter for 2023. Isn't it so nice to feel that Spring is coming in the air.

We would like to acknowledge all new Residents and Staff who have arrived and make them feel welcome as part of our home.

As you are aware, since the last newsletter we have had another lockdown due to a gastro breakout and Covid, thank you all for your ongoing patience and support. Our focus here at Terrey Hills Nursing Home as always, is to keep everyone safe and while staff works hard to try and achieve this, we regret we are not always unable to stop Covid, Flu or any viruses entering our facility. We do apologise to Residents and families of the impact the outbreaks have had on all of us.

New suggestions and feedback are always open, so please write your feedbacks and place it in the box at reception.

*Sandy Moutrie*

Director of Nursing

*Yan Li & Nicole Hirschau*

Deputy Directors

### Recent Events

#### Aged Care Employee Day

Aged Care Employee Day is held annually on 7<sup>th</sup> of August to acknowledge all the people that work in Aged Care. Here at Terrey Hills Nursing Home, we held a luncheon to recognise all the staff that work here, we were all given a certificate of Appreciation.





### Newcomers Afternoon Tea

The first day of being in a Nursing home can be emotional and overwhelming for some, is why we like to have a newcomers afternoon tea to welcome new Residents, this is an opportunity to get to know others and their committee team. We welcomed them one by one; they stood and gave their stories and names; it was a nice afternoon.



### Men's Luncheon

### Women's & Men's Luncheons

Our male Residents have enjoyed an excursion to the Lamani Restaurant in Narrabeen, they had the benefit of change of scenery and social interaction. The female Residents had a day at the Royal Motor Yacht Club, both were successful and enjoyed.



### Seniors Right Service Member of OPAN

### Speaker: Deb Denman

On Friday the 4<sup>th</sup> of August we had a guest speaker, Deb Denman from the Seniors Rights Service, she came to speak to the Residents about getting support and information to people using, or seeking to access, in home and Residential aged care services.





### Supporting Matilda's

#### Chris's Sports Car & Matilda's

We like to have a car from time to time, to get all the men & women together, having a yarn, refreshments, nibbles, and an afternoon tea. The Residents were able to see a sports car that was made in 1972 with leather interiors, have an afternoon with Trivia on cars and World Cup Soccer supporting the Matilda's. Aussie Aussie Aussie, oi oi oi.



### Friday's Barbeques

Here at the Home, Tui likes to have barbeques so the Residents can have a taste of their favourite meats, sausages, and salads, thank you to Tui and her team for a job well done.



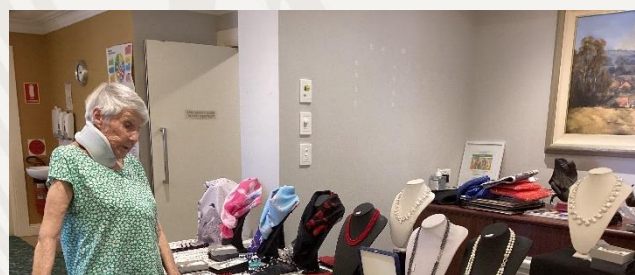


### The Biggest Afternoon Tea

Cancer can affect anyone, either directly or indirectly. Money is always needed to help support those with cancer or affected by it, and to educate and research about this terrible disease. Here at Terrey Hills Nursing Home, every year, we have the Biggest Afternoon Tea, the Residents relaxed with nice refreshments and proud to put a donation in as well as staff. This year we raised \$200, well done to my team and those who donated.



Residents and staff have an opportunity to shop in the Ainslee Shop. This shop has bags, scarves, necklaces, earrings, bracelets, jackets, and gifts. The shop is wholesale to us, it is a great opportunity to shop for gifts especially the Residents that are unable to get out.





### Activity Highlights

Our weekly program for the Residents has an array of exciting activities including, exercise class, bus trips, bingo, trivia, quiz, arts, crafts, religious activities, games, discussions, token stalls, movies, music, choir, entertainment, pancake days, walking groups, fashion shops and more.















### Upcoming Events

- Sep 1 – Viva Band plays
- Sep 3 – Father's Day
- Sep 8 - Roderick sings
- Sep 12 – Beyond Blue Speaker
- Sep 14 – RU OK Day
- Sep 15 – Tony Mazel Sings
- Sep 21 – Peter Eliot sings
- Sep 29 – Robyn & Larry sings
- Oct 3 - Oktoberfest
- Oct 6 – Joanna sings
- Oct 13 – Grant sings

- Nov 3 – Siew plays piano
- Nov 7 – Melbourne Cup
- Nov 17 – Hugh Moran sings
- Nov 24 – Peter Eliot sings



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 them flowers or a gift.

Family & friends, if you know someone that can play the piano once a month voluntarily for our choir, can you please contact Anne the coordinator.







*Anne Politano*

Recreational & Lifestyle Coordinator

*June, Katalee, Nathalie, Theresa, Kate & Katie*

Recreational Officers

