

*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

Spring has sprung!

A big warm welcome to our new residents and families, we are looking forward to the warmer months ahead.

A few housekeeping messages,

Our kitchen is currently under construction, our residents have been informed and are aware of the possible menu changes, we will do our very best however, please be patient with us during this time. We will be working out of a temporary demountable POD which is very small and will take some time to get used to.

Avalon House has hired many new staff over the last month and as in any new job it takes time to learn the routine of the working environment and to get to know our residents. If you have any questions, please speak with me directly.

Resident Relative meeting will be held on Wednesday 18<sup>th</sup> October at 1:45pm, please join us for bubbles and a catch up.

Perhaps start to think about preparing your loved one's spring wardrobe, light comfortable clothing for the warmer months ahead would be helpful.

A big thankyou to all our wonderful residents for being so understanding about the kitchen renovations, we do realise that this will impact everyone however, it will be bigger and better once completed.

Kind Regards,  
Hayley  
Director of Nursing



### Activity Highlights



### French week

We celebrated a whole week in July dedicated to everything French.

We made crepes with the residents, and everyone devoured them, we learnt French words and sayings and used them throughout the week, residents participated in French trivia and ate French foods whilst listening to French music!!!

To top off the week we were fortunate enough to have the very talented VIVA Trio (Peter, Marie and Corrine) who came to Avalon House. They sang and played an amazing repertoire of French songs on the guitar and accordion whilst Corinne sang in French and English beautifully.

### Pet Therapy



We have had Pet Therapy on the program for a while now and we love seeing all the different dogs come in to see the residents. The dogs offer up pure unadulterated joy and non-judgement to the residents, they are just happy to be here and to be patted, and often this elicits stories of long past pets and many happy memories.

In June we were so lucky to expand our Pet Therapy program and had 6 beautiful kittens come and visit. The kittens were being fostered at the time before going on to their Fur ever homes (excuse the pun).

The kittens were corralled in a play pen but brought out to be cuddled numerous times. It was such pleasure to just watch their playful and inquisitive nature and again it was just pure and simple joy.

We all agreed watching them tumbling over each other was as entertaining as any tv show!

### Flower Art

For the past year we have had a partnership with Woolworths in Avalon to collect the flowers that they haven't sold and use them in the home.

Week after week we have been overwhelmed by their generosity as we get to give flowers a second life that would have otherwise gone into the rubbish.

Residents have loved putting together the arrangements, enjoyed having a small vase of flowers in their room or seeing vases of flowers around the home and on the tables in the coffee shop which add such a lovely ambience and provide a wonderful conversation starter.

Please take a moment to thank Woolworths staff if you pop into the Avalon store, their community spirit really does make a world of difference to our residents.





### Speakers



### NAIDOC - Neil Evers

As part of our NAIDOC (National Aboriginal and Islander Day Observance Committee) Week celebration this year we were lucky to have local Gadigal man Neil Evers come to Avalon House to talk.

Neil shared some of his family history and his connection to the land and the community.

Neil also brought in clap sticks and residents were engaged in making music with the sticks, Neil showed his skill at playing the didgeridoo. Neil made us all laugh when asked where the clap sticks came from, we were expecting him to name the land, or even the type of tree they were made from, but he happily told us they came from Mitre 10!

It was a wonderful afternoon celebrating local indigenous culture and respecting the land on which we all live.

### Nick Farr-Jones

We had the pleasure of having Nick Farr-Jones at Avalon House as a guest speaker.

Nick spoke to our residents about his sporting career including being Captain of the Wallabies and playing for them for 10 years. He was very fortunate to have met Queen Elizabeth and Nelson Mandela.

Our residents thoroughly enjoyed having the opportunity to meet with Nick, hear him speak and ask Nick questions about his career.

Nick Farr Jones was without doubt one of the greatest Wallabies captains of all times!



### R U OK Day

This year we have focused on our mental health and trying to remove the stigma that can surround it.

We had a wonderful afternoon focussing on things that make us feel good, featuring a chocolate fountain and fruit dipped in chocolate, some group singing to release endorphins and promote joy, and we discussed other things that can benefit our mental health such as sitting in nature, and exercising.

Each resident was given a positive affirmation card that they picked at random, which created a lot of fun and laughter as we shared our affirmations with each other. We also acknowledged that mental health can be hard and asking for help can be a tough thing to do, so we had resources to hand out with what to do if you do feel you are struggling.

At Avalon House we have always felt like an extended family, and we all agreed that we need to look out for each other and always be kind to one another.



### Ferragosto Day



In August we celebrated the Italian National Day of Ferragosto, held in Italy on 15<sup>th</sup> August.

We were thrilled to have our resident Guiseppe (Joe) tell us about his life in Italy and growing up on a farm in Calabria. Joe had some lovely stories to share.

We also sang some Italian songs, and made bruschetta, with residents helping to chop up the bread, tomatoes and basil and had an Italian quiz to test our knowledge of all things Italian.

It was a great afternoon and a wonderful celebration.

### What's new?

#### Welcome to 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.



### Dates to remember.

#### **Coming Up**

##### September

Father's Day Sunday 3/9

Paul Leventhal Concert 5/9

Leyla Concert 14/9

Ageless Moves 15/9

Keff Concert 26/9

Drumming Circle 29/9

##### October

Wine and Cheese Tasting 9/10

Juliet Piano Bar 11/10

Annette Oktoberfest Concert 12/10

Christian Service 13/10

Resident Relative Meeting 18/10 @ 1:45pm

Kristy Lee 19/10

Ageless Moves 20/10

Ross Hamilton Concert 24/10

Drumming Circle 27/9

##### November

Hugh Moran Concert 2/11

Melbourne Cup 7/11

Leyla Concert 9/11

Remembrance Day and Ceremony 11/11

Lyric Trio 16/11

Ageless Moves 17/11

Paul Leventhal Concert 23/11

Drumming Circle 24/11

Murray Ferguson Concert 30/11

#### **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 **27/9, 25/10, 22/11**

Bus Trips - every **Wednesday and Friday**

#### Church services

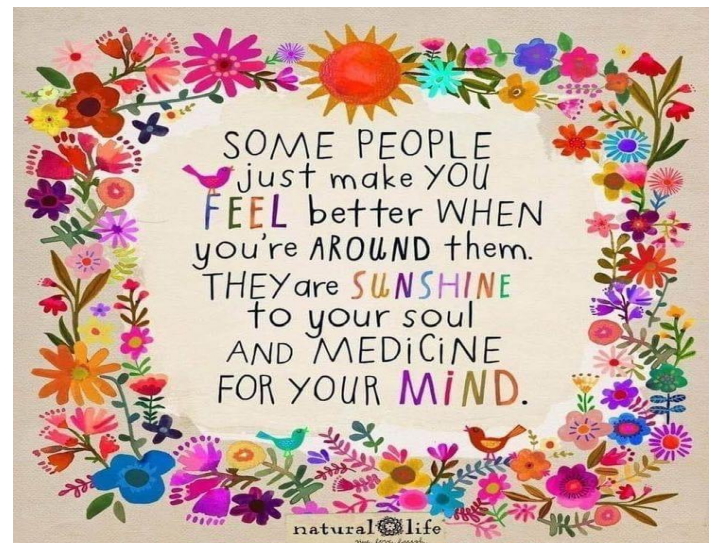
Run by local parishes.

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

Every 3rd Friday of the month

#### **Catholic Service**

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



**Thank you.**

**From all the RAOs at Avalon House**

**Helen, Kylie, Cait, Sarada and Lisa**

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