

Greetings from the DON –Jennifer Flynn

Welcome to Spring! This is a beautiful time of the year at Macleay Valley House with our gardens in bloom and the weather mild. It's time to think about the new season and what it brings for Macleay Valley House. Spring brings changes in food and as the weather warms up our menu will change, and the Spring/Summer Menu will be out shortly.



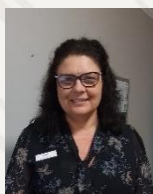
Winter has passed with only the one outbreak of COVID which was well managed and received positive feedback from the Commonwealth Government team that assisted us over that time. Many of the COVID restrictions have been lifted and the home is returning to a friendly, welcoming environment.

We now have stability with the management team and Jo, Liz and I work well together as the leadership team. We are committed to enhancing resident's wellbeing by supporting them to live a fulfilling life here at Macleay Valley House.

We look forward to continuing to engage with all residents, family and staff over the coming Spring months.

Welcome to our new Staff

We would like to give a very big welcome to Denise McGrath who is our new Clinical Nurse Specialist for Quality and Education, Brandi Cole who is our new Nurse Practitioner for Geriatric and Psychiatric Wellbeing and Rene Mainey who is our Clinical Nurse Consultant for Skin Integrity and Wound Care. We are very excited to have Denise, Brandi and Rene on board with the wealth of knowledge and experience that they bring with them.



Activity Highlights

Virtual Reality

In July we had the opportunity to take our residents on a virtual reality world tour. They were able to see the world as if they were really there.



It was an experience that many of the residents enjoyed immensely and are looking forward to the next few sessions where we will focus on specific countries or continents. Next up we will be visiting Italy.



Cooking Group

The residents really enjoy the opportunity to take part in our cooking group, especially now that we have our own air fryer oven to use. This month we made passionfruit slice which was enjoyed by all the residents who had a chance to try it.



World Chocolate Day

Everyone enjoyed the wonderful events on World Chocolate Day on 7th July. The residents took part in a blind chocolate taste testing event. Whittakers chocolate came out of top in all categories, closely followed by Aldi chocolate. We also had a chocolate quiz, and a chocolate fountain with lots of goodies to dip in the molten chocolate. It was a fantastic day.



Residents Birthday Party

Each month we have a birthday party for all the residents that have celebrated their birthday in that month. We have music by Max Saul and Ian Sanbrook and a cake for everyone to share.



What's new?

During the last month we have introduced some new art and craft activities including abstract painting and making dream catchers. These new additions and more will continue be added to the program over the coming months. The residents are enjoying doing something a "bit different" and are embracing these improvements.



Resident's contribution

I came to Macleay Valley House in October last year.

Before coming here, I had lived in Crescent Head for about 14 years. Macleay Valley House had been recommended to me by quite a few friends who work in the area as it has a wonderful reputation.

Since coming here I've been more active and I am enjoying both outdoor and indoor activities including walking group, bus trips, bingo, happy hour, nerf shooting, chair hockey and many of the other activities that are available.

Everyone enjoys happy hour each Friday with all the wonderful entertainers including our very own musical maestro, Trevor.

All of this would not be possible without the wonderful support of all the staff and volunteers that are here. I am quite happy to be seeing my days out here.

Audrey Burgess (Resident)

Upcoming events

Footy Day – Late September will see us all celebrating both the NRL and AFL Grand Finals with a footy day where everyone can display the colours of the team they support whatever form of football that may be.

This will also see the presentations of trophies for our AFL and NRL footy tipping competitions. It should be a fun day for all.



In October we will be celebrating 100 years of Disney with a week of Disney movies as well as a Disney day. This should bring out the inner child in us all and bring lots of smiles to the faces of residents and staff alike.



November sees Melbourne Cup here again with the race that stops a nation. Melbourne Cup sweeps and Fashions on the Field fashion



parade will be the order of the day before we all stop to watch the big race.