

Greetings from the Director of Nursing

Welcome to our favourite time of the year, Spring. Our external gardens and courtyards are ready to shine with the upcoming warmer weather. A very warm welcome to all our new Residents and their families who have joined us at Tarragal House over the last three months.

Our new resident lounge room is looking very homely and the feedback from our residents has been extremely positive as we see larger gatherings and social engagement. This initiative was suggested by our residents at their monthly meeting to create a larger, quiet space for movies and activities.

We are excited to welcome back our THC painter, Eddie in the coming weeks to focus on bedrooms and common spaces that need a little TLC, we have already seen new curtains in the dining room, and we are excited to choose our paint colours at the next Resident Meeting.

Please feel welcome to provide your feedback or suggestions; at Tarragal House we have a system that supports a QR scan code for feedback to be submitted directly to our home into our quality assurance register.

We wish everyone a very happy Spring Season!



Kate Kumar

Activity Highlights

It's A Wonderful World

Over the past month we welcomed a group of male students from Green Point Christian College to support Daniel with his Year 11 Intergenerational Assignment. The boys were interested in words of wisdom, life stories of hardship and how our perspectives of life changes as we age. This was a very special morning with great conversations.

We were very blessed to also have Year 5 students from Star of the Sea at Terrigal.



Although a little shy at first, they soon warmed up and the day was a huge success. We look forward to their next visit in the coming weeks.

Outdoor Ball Games and Happy Hour with Friends

We are looking forward to enjoying more impromptu outdoor activities on warmer days. Last week we ventured outside for ball games and happy hour in the sun. These activities capture so many important areas such as mobility and social engagement with a shot of Vitamin D.



Sunshine and Ball Games with a Twist

Concerts Galore



It is no secret that Tarragal House Residents love their concerts. While we aim to provide a diverse range of entertainers there are a few that we love having on a routine basis. We would like to thank all the amazing performers who not only share their time and energy with us but usually enjoy

time following their performance for a coffee and chat. Thank you to our regulars:

Wild Honey
Alice on Piano
Greg Dimmock
Dale Ryan
'The Gals'
Frantastics
Mitch on guitar & vocals
Ross Hamilton



Erina Library Visits

A new initiative from our RAO team is trailing the support services at Erina Library. These activities include:

- Story Time for Seniors
- Poetry Reading
- Exercise your Brain.

Our staff have met with the coordinators and are excited to commence our visits early in September.



What's New?

Movie and Lunch Dates at the Avoca Historical Theatre

Following several trips to our local cinema our residents have requested more movie and lunch outings. The RAO team have recently coordinated with our local Avoca Beach Historical Theatre to hold monthly movies and supply fish & chips for lunch from Avoca Beach Seafoods. Currently the theatre is under refurbishment, and we are very excited to see the changes when we visit next month.



Avoca Historical Theatre



Celebrating our Multicultural Day

Thompson Health Care recently celebrated Multicultural Day with Tarragal House taking the spotlight when our staff jumped into action displaying their traditional dress, dances, cuisine, and customs. The highlight of the day was our residents learning a few Bollywood moves and enjoying Butter



Chicken with Naan breads. Our staff presented a cultural dance with residents enjoying henna tattoos and admiring the costumes with a fashion parade at the end. The day was a huge success as we heard from many residents reflect on their own travels and experiences to other countries.

Special Moments

John and his Batmobile

Our staff spend regular one on one sessions with residents who prefer their own company. While we see many activities and social interactions in our common areas, our RAO team have their schedule to visit and focus on individual interests with each resident. John recently shared his excitement to Brenda about an advertised item on the television that he wanted to try. With a little research, we found the magazine subscription and a local news agent who could supply this for us. In John's first delivery he has started building his own Batmobile Tumbler. With a new issue each week, John is very excited to build his Batmobile with the support of Brenda in his one-on-one sessions. What a great way to think outside the box!



John with his first delivery

Our Walking Group Soaks Up the Sun

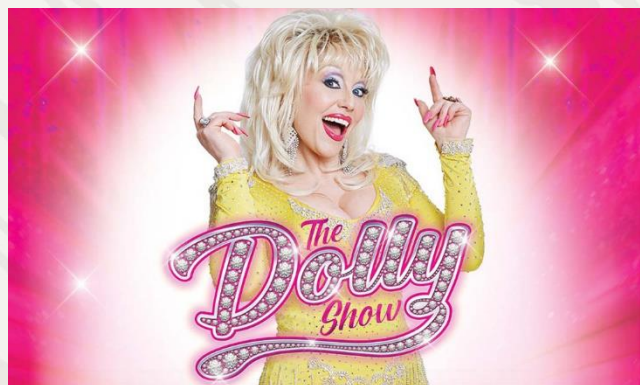
Walking, stretching, and fresh air is great for our mental health as our walking group visits a different location each week. These trips can accommodate 8 residents with two wheelchairs. For this reason, our staff rotate the lists to ensure everyone has the opportunity within the month.



Stopping for a quick break

Upcoming Events

- 6th September 2023** (1030)- Residents Morning Tea
- 7th September 2023-** Star of the Sea- Year 5 Visit
- 13th September 2023-** Mitch Concert- Guitar and Vocals
- 18th September 2023-** R U OK Day- Family/ Resident BBQ (wear yellow) 11-3pm
- 20th September 2023-** Avoca Theatre- My Big Fat Greek Wedding 3 & lunch
- 25th September 2023-** Tarragal vs Hillview: Carpet Bowls Tournament
- Late September 2023-** Wild Life Rescue: Information talk and meeting rescued baby animals from the Coast.
- 3rd October 2023-** Residents Polling Booth for Referendum (The Voice)
- 4th October 2023** (1030)- Residents Morning Tea
- 11th October 2023-** Laycock Theater: The Dolly Show
- 25th October 2023-** Greg Dimmock Concert
- 25th October 2023-** Catholic Mass & Mitch in Concert
- 1st November 2023** (1030)- Residents Morning Tea
- 6th November 2023-** Alice on Piano
- 8th November 2023-** ANZAC/ Remembrance Service: Greenway supporting at Tarragal with Choir
- 15th November 2023-** Mitch Concert- Guitar and Vocals
- 16th November 2023-** Ainslie Collection/ Shopping Stalls (all day)
- 22nd November 2023-** Catholic Mass Group



The Dolly Show at Laycock Theatre

Notices

- Allied Health services are continuing as normal, this includes Podiatry, Dental, Speech Pathology, Audiology, Optometry, Physio and Dietician.
- Updated Covid visiting restrictions:
~There are no visiting hours or restrictions however we strongly encourage visitors to be fully vaccinated.
~We ask all visitors to continue RAT testing either using our supply or provided from home.
~Thank you to everyone for following our changing PPE requirements, usually surgical masks are the only form of PPE however N95 masks will be provided if our requirements change.
- Our preferred method of correspondence is via email, please advise our Reception Team if would like an email address added to the mailing list.
- Email is another way we encourage our families to communicate directly to our teams, please feel welcome to email:

DON Kate Kumar- dontarragal@thc.net.au
DDON Matthew Forster- ddontarragal@thc.net.au
Clinical/ RN Team- rn_tarragal@thc.net.au
Activity/ RAO team- rao_tarragal@thc.net.au
Reception staff- receptiontarragal@thc.net.au



Lorraine enjoying the day with Lenny.

Judy, Smudge & Dale... Cheers

