

Greetings from the Acting DON

Summer is upon us and thankfully the warmer weather also coincided with a relief to infectious control restrictions over the months of September through to November. As life returns to the “new normal” residents have been able to enjoy many fun and stimulating activities including a Men’s lunch at Hornsby RSL, Interfaculty games day, Wellness theme day, Shopping trip, Market Stalls Day, Melbourne Cup celebrations, Remembrance Day Service, daily bus outings and lots of wonderful entertainers each week to name just a few of the activities held. I thank the residents and staff for their co-operation and hard work over these past months.

Activity Highlights

Interfaculty Games

On the 9th October, sixteen of our residents boarded the bus and set out for Dural House to compete and support their players in the interfaculty game day. Residents have been diligently practising for months prior the competition day to ensure they bring home the winning cup for carpet bowls. Dural house were wonderful and welcoming hosts as they provided morning tea, a tour of their facility, entertainment, lunch and of course the carpet bowls competition which was held in the afternoon.

Remembrance Day

Wahroonga House held a Remembrance Day service on Thursday 9th November 2023. The service was held in the chapel and was attended by over 60 residents. The guest speaker was Philip White, Vice president of Hornsby RSL Sub Branch. The Last post was beautifully performed by a bugle player from Barker College. Various residents from Wahroonga House participated in the service including reciting The Ode, reading prayers and poems along with the laying of the wreath.



Interfaculty games -Resident Audrey being welcomed by Thompson Health Care Dural House



Interfaculty games - Residents from Wahroonga House supporting their carpet bowls team.



Remembrance Day service held in the chapel



Enjoying morning tea after the Remembrance Day Service

Celebrations

Wellness Theme Day

Thompson Health Care has introduced this year four "Theme days" annually whereby each Aged Care facility will hold a day of education and enjoyment on a particular theme. A Wellness Theme Day was held at Wahroonga House on the 27th of September, which included and a guest speaker from Anglicare to talk to residents about promoting good mental health. The staff enjoyed a shoulder massage from our physiotherapy team.



Staff enjoying a massage for Wellness Day

Birthdays

Once again, we have had a flurry of birthday celebrations at Wahroonga House during the months of September to November 2023. Staff and residents gathered in the café for the Monthly Residents Morning tea to sing Happy Birthday, cut a very large chocolate birthday cake and present residents with cards, balloons and banners to mark these very special occasions. Residents who celebrated their "90 something" birthdays included Jim, Shirley, Erik, Elaine, Andre, Erica, Beryl, Naomi, Norma, Jean, Judith, Barbara and Mathilde. We also celebrated a staff birthday with a surprise lunch for our Recreation and Activities Officer, Anna.



Celebrating resident Andre's birthday



Staff member RAO Anna surprise birthday lunch

Resident's contribution

The Resident Committee has continued to meet on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. The committee is to give residents a say in how their home is run. Some of the suggestions the committee has raised over these past few months include a mailbox at reception for residents outgoing mail, contributing staff training to provide a resident's perspective, recycling bins for each floor and investigations to improve WIFI coverage within Wahroonga House building.

Special Moments

Barker year 8 students arrive twice monthly as part of their Community Service volunteer program to interact with our residents. This may involve a game of scrabble in the café, conversations over coffee and hot chocolates or residents providing a talk to students on a favourite topic. We are very thankful for the partnering with Barker College as this had led to further involvement by the college in other activities and support.



Barker students playing scrabble with resident in the café.



Resident Muriel enjoying making a necklace in jewellery class

Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming summer months.

The highlight event in December is the Residents Christmas lunch to be held on the 7th December, which will be a festive feast with all the trimmings. The staff Christmas party which will be a cruise this year is on the evening of the 14 December.

The regular monthly Resident and Relatives meeting is held on the last Friday of the month at 11 am in the cinema.

Finally, the Resident Monthly Welcome Morning Tea is held on the 3rd Thursday of each month.

