

Greetings from the DON –Rebecca Gale

Thank you for welcoming me to Macleay Valley House, I am thoroughly enjoying the opportunity to work in your beautiful home.

A big welcome to our new staff that have joined our Macleay Valley House team since the last newsletter.

The Leadership team value feedback and we encourage our Residents, relatives, and representatives to provide us with feedback through our QR code system or by placing completed forms in our feedback boxes. We use this feedback to improve our services and recognise when we have done something right.

As the hot weather of summer approaches please be mindful to minimise the time spent outdoors during extreme heat events, maintain adequate oral fluids and to wear appropriate clothing for the weather.

Please alert staff if you are feeling dizzy or unwell due to the heat.

The Aged Care Quality and Safety Commission has a Food, Nutrition and Dining Hotline that provides information and resources for Residents. We have made available information brochures for your reference.

We have an open-door policy at Macleay Valley House, please feel free to see one of the Leadership team if you have any concerns.

I would like to take this opportunity on behalf of myself, Liz, Jo, Rene, and Denise to wish everyone a very Merry Christmas and all the best for 2024.

Welcome to our new Staff

We would like to welcome Wayne Cassell as our new Facilities Manager. We also have some new RN's working with us, Alona Ancayan, Damien Ahearn, Ashley Burley as well as Judy Hopping and Janisha Augustine who have returned from some time away. There have also

been a number of care staff, kitchen and cleaning staff start as well. We welcome them all to Macleay Valley House and hope they enjoy working with our wonderful residents.



Activity Highlights

Footy tipping presentation day

September saw the presentation of trophies for this years footy tipping competitions. This included prizes for the first place winners in the NRL and AFL tipping competitions as well as trophies for last place. We had footy trivia along with games such as a handball target as well as a "beer" pong style of game where the prize was chocolate rather than beer. A fun day was had by all who came along, not just the trophy winners.



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 coconut ice and just recently we tried making shortbread biscuits. As it is coming into Christmas, we cut out our shortbread into Christmas shapes such as Christmas trees, bells, and stars and decorated them with mini M&M's. Unfortunately, they all got eaten and enjoyed before any photos could be taken.

Madge's 100th birthday

November saw us celebrating a huge milestone event when one of our beautiful residents, Madge, turned 100. Madge has been a resident of the Macleay region all her life and spent much of her early life working at the Kempsey Hospital. It was an honour to be able to celebrate this momentous occasion with her, along with her family and friends.



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.



Resident's contribution

Having lived here for nearly 2 years now, I find that Macleay Valley House has everything I need and it is a pleasure to live here.

I really enjoy all the activities that are organised for us including virtual reality, exercises, the bus outings and so many more. I also really enjoy being asked to set up the bingo room each time we have bingo as I am lucky enough to still be able to take on this responsibility.

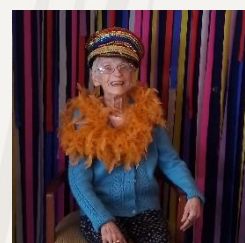
One of my favourite things to do is to go on the lunch and shopping trips on our bus. This gives us the opportunity to get out and about and to spend some time in the community.

Overall, I think Macleay Valley House is a wonderful place full of lovely staff that take great care of us. I would recommend to anyone looking for a place to live that they come here.

Elizabeth Brotherton (Resident)

What's New

During November we hosted a Carnival Day where everyone got to participate in some carnival games. Some of the games included quoits, "ice" hockey, ball and spoon races. There was also fairy floss, popcorn, and a chocolate fountain. A photo booth for residents to dress up and have their photos taken. Everyone enjoyed themselves and there was lots of fun and laughter to be had.



Upcoming events

December sees the start of a very busy Christmas season. We've already started with our Christmas market where all the residents and their families were able to purchase Christmas gifts from various stall holders.

Our resident Christmas parties will be held on 6th and 7th December with lots of lovely food and entertainment by both staff and residents. There will hopefully be a visit by the Big man in the Red Suit if we're really lucky.

January will see us celebrating the new year in style along with Chinese New Year celebrations for the year of the Dragon.

Wishing everyone a wonderful Christmas and a fantastic 2024.