

Greetings from the Director of Nursing

We have officially entered our Festive Season as our corridors fill up with all things Christmas. What an amazing time of year; as you may notice we love a good decoration or two! I would like to welcome all our new Residents and their families who have joined us at Tarragal House over the last three months.

I am excited to see more resident initiated social groups pop up throughout our home. This includes Lorraine and her chess club in the café, Dale and Judy taking Smudge for her morning stroll or Kay, Tom & Co. hanging out in the end corridor. It is friendships and connections like this these makes Tarragal House a home.

Our Netflix and Bailey's girls meet each night, usually around 8pm in the Piano Lounge, guys are always welcome.

Our beautiful Diamond Python has been spotted in the South Courtyard basking on the rockery and as the warmer weather approaches, our Water Dragons are emerging with a few babies running around.

As we come to the end of 2023, I would like to share my gratitude and thanks to all our families for your support, enthusiasm and entrusting us to care for your loved ones.

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.

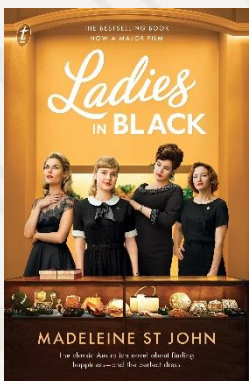
We wish everyone a very Merry Christmas with your families as we welcome in the New Year.



Kate Kumar

Activity Highlights

Erina Library Visits



Our library visits continue fortnightly and as a group we have been taken back to a time and place that has brought with it a lot of awakened memories. In exploring the introductory novel 'Ladies in Black' that is read to us by the librarian, we have acquired new terms and most importantly we all feel 20 again.

Chess Masterclass with Lorraine

One of our residents has taken it upon herself to teach all interested parties, both staff and fellow residents alike, the skilful game of chess. Lorraine first set up her chess board and sat in the café waiting for willing participants. The group has quickly turned into a daily chess, coffee, and cake event.



Men's Shed

Fortnightly a couple of our male residents on a turn-by-turn basis visit Erina Men's Shed where beyond the initial tour our residents are shown: laser machines and woodwork demonstrations followed by a coffee and a chat with the coordinators and a group of retirees.



To cap off the day we then head off to the Sunken Monkey for a beverage of choice and some hot chips.

Environmentalism in Action

This activity has continued after our initial environmental chat many months ago. We are pleased to announce that our Resident's, when visiting these awesome eco warriors, not only see the rubbish and debris collected by Jono and the High School students from the Central Coast, but they get to interact with the students. This quickly becomes a



question-and-answer forum, both generations can share their viewpoint, learning from each other.



Avoca Historical Theatre

Our visits to the theatre have been very popular. Please note that this activity will continue on a rotational basis due to bus seats. We

visit each month with a delicious lunch provided from Avoca Beach Seafoods. We have received a lovely reception from the staff and team running these regular sessions. This day out has quickly jumped to top place, I'm guessing it might have something to do with the seafood lunch.

What's New?

Welcome to The Family...

We would like to introduce you to our new entertainers at Tarragal House. The Greater Gosford Ukulele Troupe has quickly become a fun and colourful afternoon activity for our Residents.



We are also extremely lucky to welcome Antonia Monta. If you thought we were playing opera CD's, it is likely you were hearing the beautiful voice of Antonia. An accomplished singer and Soprano in the opera world.



Antonia Monta

Intergenerational Activities

We have welcomed Year 10 students from Terrigal High School on two occasions in November. We are excited to have a rotational program developed for 2024. The students are visiting from 10am-2pm each month and the day is full of lively discussion. The games played are tailored to our



Residents and the confidence of the students. During consultation with the student's and our Residents, both reported, the benefit from the company, connections and learning opportunities are priceless.

Special Moments

Remembrance Day Memorial

We came together in the theme of service and the promise of peace. Creighton's Funerals, Greenway Chapel, Central Coast Adventist School



Choir and Gosford RSL Sub-Branch came together uniting us all in song and a very meaningful service. Last year, we were invited to attend the service from Greenway Chapel. Unfortunately, due to limited bus spots this meant some Resident's missed out. Our RAO team worked very hard to bring all the groups together and hold our own service at Tarragal House.

Christmas At Tarragal

In our foyer and lounge room communal areas, Christmas trees have been lovingly decorated and our residents gather, and in quiet companionship enjoy the feel of Christmas to come.

On that note, we would like to wish you all a blessed and safe Christmas with those you hold dear.

Love The RAO Team,



Our Beautiful Ladies Enjoying the Christmas Spirit

Upcoming Events

13th December 2023 Laycock Theatre- Santa Claus is Coming to Town

18th December 2023- Concert: Antonia Monta (Soprano)

19th December 2023- Concert: Dale Ryan

20th December 2023- Residents Christmas Party & Concert with Ross Hamilton

8th January 2024- Concert: Alice on Piano

15th January 2024- Concert: Wild Honey

17th January 2024- Avoca Beach Movie Theatre

24th January 2024- Catholic Mass & Library Visit

26th January 2024- Australia Day

30th January 2024- Concert: Dale Ryan

31st January 2024- Men's Shed

7th February 2024- Library Visit

14th February 2024- Valentine's Day & Concert: Alice on Piano

21st February 2024- Catholic Mass & Avoca Beach Movie Theatre

28th February 2024- Gosford Greater Ukulele Troupe

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 you 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



Santa Claus is Coming to Town



A Perfect Day on the Water