

### Greetings from the DON & RAO's

Summer has come around quick!

How fast has this year flown! 2023 has been a very eventful and challenging year.

Huge welcome to all our new residents, families, and staff, who have just joined our home, we ensure that you will play a big part in taking care of all the loved ones.

As this new newsletter goes out, we are pleased to be preparing for Christmas at our facility.

We would like to thank our Resident's Committee for their contribution to the home over the last year, a thank you goes out to all the volunteers who put in so much effort to the quality of life of our residents. We appreciate all family members for your support over the year, especially during our Covid restriction periods.

Here are some highlights over the last three months.

*Sandy*

Director of Nursing

### Introducing a Resident's Story & Celebration

Colin Freestone was born in Sydney on 13th November 1943. He had an elder brother, John, who passed away in 2019. Colin grew up in Maroubra and his schooling was at Coogee Prep and Sydney Grammar School. He did a Commerce Degree at the University of NSW and a Diploma in Education at Sydney University. After his graduation Colin worked at the Armidale Teachers' College and Macquarie University where he lectured in Asian Studies. In later years he established Indonesian Cultural Communications Pty Ltd, a business which arranged for students from Australia to do practical training in their particular field in

Indonesia. More recently, in 2009, Colin set up Cycle Indonesia which would take groups of cyclists touring through Indonesia.

When Colin was studying Indonesian at Sydney Technical College he met an Indonesian lady, Tjut, and they married on 27<sup>th</sup> August 1972 in the Indonesian Consul General's residence at Rose Bay. Colin and Tjut have a son Rendra, a daughter Tamara, a granddaughter Caroline, and a caboodle named Ria.

On the 13th of November, Colin celebrated his 80th Birthday at our home with a very small gathering of family, friends, and staff. The photo below, which was brought along for old times' sake, is the Sydney Grammar School Cadet Band of 1959. Lance Corporal Colin Freestone was a bugler in the band and is seated in the front row, second from the left. Two of Colin's friends from his days at Sydney Grammar were part of the celebrations and are standing beside him in the photo - George, also a bugler is standing behind Colin in the band photo, and John, who was the Drum Major of the Cadet Band in 1958. John and George also had a very close association with Colin through the University of NSW Rugby Club in the early 1960's. Their friendship with Colin is in its 67<sup>th</sup> year.







Pictured are our Committee Members, Alan Baumgart (Chairman), Robert Obern (Secretary), Roslyn Robins, June Donald, Ivan Whitla and Claude Thompson.



### Recent Events

#### Newcomers Afternoon Tea

We had a newcomers afternoon tea in the coffee shop, this was an event so all new residents could meet each other and have some socialisation. We started with afternoon tea and ended with a discussion, the Residents stood up one by one and introduced themselves and gave a little talk.



### Residential Advisory Committee

The advisory committee do a great job evaluating the performance of our facility, review/monitor/assess and serve as advocates for the Nursing Home. The committee gather input and liaise with our relevant constituencies and provide.





### Visit from NBCS

We were lucky to get a visit from the Northern Beaches Christian School, the Residents engaged with the children and had a wonderful time having a chat with them after the concert, very therapeutic for the Residents.



### Remembrance Day



### Melbourne Cup Day

Melbourne Cup Day was celebrated with so much excitement and elegance as our Residents dressed for the occasion and partook champagne, refreshments, and canopies as they watched the race and saw Without a Fight with an amazing victory. Well done to all the horses and the Residents that won the best dressed, they were awarded first, second and third prize.







### World Food Day

On the 16<sup>th</sup> of October we celebrated World Food Day. The residents started with lunch followed by an enjoyable afternoon which consisted of snacks that came from different parts of the World and a food trivia. This is a quote I found, I thought it was brilliant.

“Do not waste food. World Food Day promotes think, eat, save to reduce waste. Think about what you’re buying, plan meals and shop smart. Eat mindfully. Are your eyes too big for your stomach? Save food, save money and the environment.”

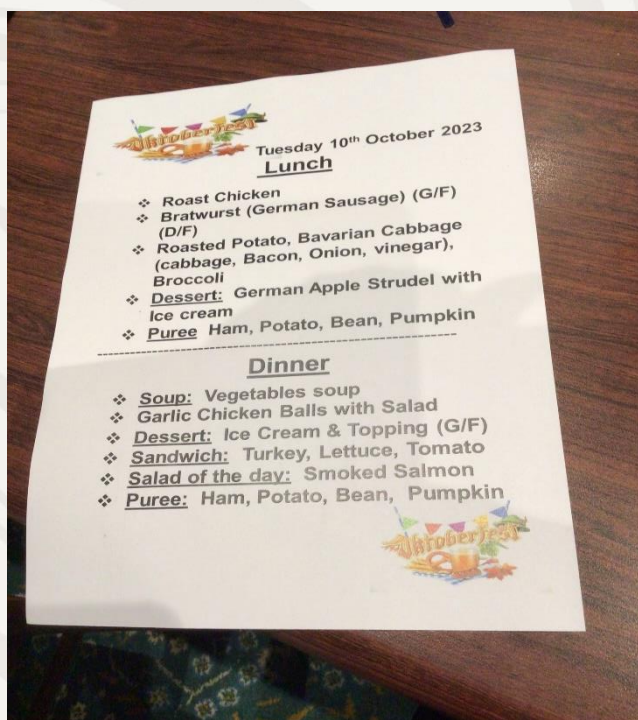






### Oktoberfest

Oktoberfest is an annual event held in Munich, Germany, the festival originated on October 12<sup>th</sup>, 1810, in celebration of the Crown Prince of Bavaria who later became King. Here at Terrey Hills, we celebrate the Culture by eating the German food and beers, later we finish with an Oktoberfest trivia



### Voting for Referendum

The Referendum Australia is a Proposed Law: To alter the Constitution to recognise the First Peoples of Australia in establishing an Aboriginal and Torres Strait Islander Voice. On October 5<sup>th</sup> we had two people from the Australian Electoral Commission mobile polling



come and help the residents with the Referendum.



### Guest Speakers

On the 29<sup>th</sup> of September we had a guest speaker combined with our men's group. The speaker was Nigel Smith a Paralympian Volleyball Player.



### Women's Luncheon

The female residents enjoyed a day out to Limani Restaurant in Narrabeen overlooking the lagoon, they had a nice trip and a luncheon. These luncheons are great to get the men and women together and have conversations.



### EWOP

Ewop (Emotional Well Being for Older People), is a referral program which provides mental health services for older people who reside in aged care facilities. This can improve mood swings, reduction and increased interest in social activities. We had David from EWOP coming in to hold a men's group fortnightly and the men enjoyed it, this was on a three-month contract.

### Regular Activities

Our weekly program for the Residents has an array of exciting activities including, exercise



class, meditation, bus trips, bingo, trivia, quiz, arts, crafts, religious activities, games, discussions, token stalls, movies, music, entertainment, pancake days, ice cream runs, choir, concerts, walking groups, fashion shops and more.















We would like the opportunity to thank you all for your support during the year, it sure did have its challenges. Do not forget if you cannot make it to see your loved ones, you can do a face time call or even them flowers or a gift.

Wishing you all a Merry Christmas, safe and prosperous New Year. Look forward catching up with you all in the New Year.

Bye for now and keep safe.

*Anne Politano*

*Lifestyle Coordinator*

*June, Nathalie, Theresa, Katie, Katalee*

*Recreational Officers*

