

Greetings from the DON

From everyone at Milford house, we wish you a very Happy Lunar New Year and Happy Valentine's Day.

This year in January, Milford House received a visit from Accreditation. I would like to thank all our wonderful staff for their continuous efforts and especial big thankyou to our Residents, Relatives and Friends who contributed to the audit process and provided such positive feedback. Thank you!



What's new?



A warm welcome to Anuma Tamang, our new Chef who have been a professional and devoted chef for Milford house since her first day of working with us. She is originally from Nepal. She is attentive to all the changes that are made for resident's diet, and she has been working together with other catering team including Frey, Uila, Pop, Maria, and Portia to provide quality food according to resident choices and needs.



Memories of last Christmas

What's new?

Tiny celebrated her 104th birthday on 30/11/2023 and is looking forward for a healthier and happy year ahead. She likes going on outings with her family member and friends.

Tiny was born in Rangoon Myanmar and moved to Singapore when she was 12 years old. She got married in 1935, was 16 years old. And all together she had 6 children, Roselyn, Rebecca, Myrtle, Brenda, Matilda and Ron. Her favourite thing to do is going to a club and play in the poker machine.



(Bowling)



(Stone building activities)



(Sunbathing)



Many of our Residents enjoy sunbathing during sunny days.

Celebrations

(Christmas 2023 memories)



Residents enjoyed Christmas day with a Christmas lunch and attended Christmas concert with family and loved ones.

(Painting and cutting activities)



Christmas Carole organized by Sacred heart church.
"Christmas 2023"

(Halloween theme party)



(Australia Day)



Our staff enjoyed a barbeque session on Jan 25 and had Mufti Day on Jan 25, 26 and 27 on Australia Day. Our Residents enjoyed a great Day at the Australia Day with bus trip to the places near to the Royal Randwick area along with activities and visits from their loved ones on the same day.

(Birthday events)



Diane Goodman enjoyed celebrating her birthday.

Resident and Relatives Meetings:

These meetings are held four times a year and offer the opportunity for Residents and Relatives and Friends to raise any issues or make suggestions to contribute to the overall quality of services. We would like to thank all the residents and relatives who joined this meeting in January 2024 and encourage everyone to attend in April 2024. Please see the noticeboard or email for dates.

Upcoming Events:

February: Chinese New Year/Lunar year 2024

February: Valentine's day

April: Easter weekends

April 25: Anzac Day

May: Mother's Day

May: Labour day



Bus trip Wednesday and Friday will take place. A detailed copy of our Recreational Planner is available on our website (subject to change) and is also given to the residents in their rooms.

As always, the Recreational Officers are always happy to hear about any news ideas you may have or places to visit in the local area.

Any updates will be given to family and loved ones via email. DON's office always has an open-door policy if any of friends and visitors would like to come and chat with DON.

Again, we wish everyone Happy Valentines Day and Happy Lunar New Year in 2024!!

Notices

(new protocols, information sharing)

- New Strengthened aged care protocol coming on July 2024

Falls, Trips and Broken Hips

Here's a few simple ways to avoid an injury.

- Eating healthy and nutritious food
- Drinking enough fluids
- Taking medication only as prescribed
- Wearing the right shoes comfortable, firm-fitting, flat shoes with a low wide heel, laces, buckles or Velcro fastenings and rubber soles that grip
- Wearing slippers which are well fitting
- Not Walking in socks
- Making sure clothing is not too long causing a trip hazard (touching the floor)
- Using your walking aids if required
- Using the call bell and waiting for assistance.

IT'S VACCINATION TIME!



CNS will soon send a request for consenting to get flu vaccination to resident in Milford House.

Milford house encourages staff and resident to have flu and covid booster vaccine to reduce the chance of getting infections related to it.