

We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.

Greetings from the DON

I would like to announce that Laura Webber our wonderful Clinical Nurse Specialist has decided to accept the position of Deputy Director of Nursing at Avalon House. We are all delighted to welcome Laura to this role. You will soon receive an email from the Deputy email address that will provide you with her direct email address for further communication.

I would like to remind everyone that when new clothing is brought into the home for residents, it must be labelled before going to the rooms.

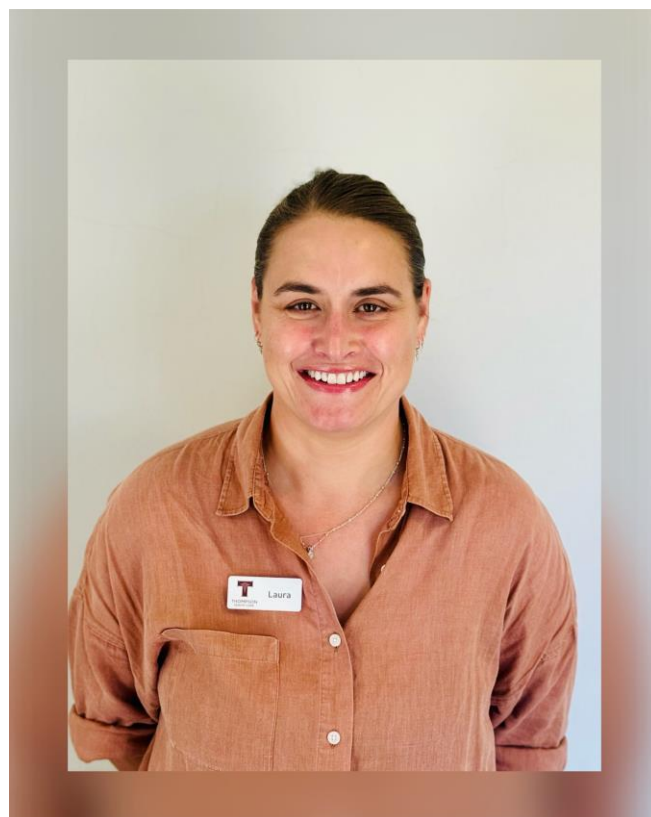
Our new menu has been launched and all our residents have received a copy, please see reception if you would like a copy also.

We look forward to our Market Day on the 12th March and thank all the families who have donated a vast array of items. We really appreciate your support. If you still have items to donate there is still time.

Lastly, I would like to encourage the use of our feedback form, please if you would like to leave us any feedback these forms are located at reception.

Kind regards,

Hayley Bonnici
Director of Nursing



CONGRATULATIONS!

Laura Webber, Deputy Director of Nursing



Elizabeth enjoying the sun and the birds.

Pamela the Rally Driver!

Pamela and her husband David loved driving off into the sunset in their Rolls Royce that was bought in 1965 for their sons christening by David's Father it is 1956 model Silver Cloud 1 and they were the second owners.

Although Pamela was too short to drive it herself, she sat happily in the passenger seat and said it was the only car she didn't get car sick in due to its huge windscreen!

They were part of a Rolls Royce Owners Club of Australia NSW Branch, they used to drive to the car rally events and go on "Overlanders" getting there was the most fun, along the way there isn't a museum or landmark they didn't see or stop at on their travels and drove all over the Country, Melbourne, South Australia the Northern Territory, North Queensland and Western Australia They even drove across the Nullarbor Plain and then put the car on a train for the journey back to Sydney, Pam said, this gave the car an outing and you got to see the countryside, you would greet people and make lifelong friends along the way. Everyone was very kind, and we were all everyday people from all walks of life, and everyone would help each other It never mattered how much money you had or didn't have, we came together for a love of old cars and driving. Everyone was simply excited to be together!

Although Rolls Royce cars were seen as a status symbol ours was not to be kept in a glass case and simply looked upon, it was to be used and adored by all! The car known to the family and all that loved her as "The Old Girl" she was considered a member of the family.

Pamela believes times have changed and more people should get together and keep clubs and associations alive, being in groups that have a mutual appreciation is a wonderful thing. If you can keep a car in the family for years then one day you too will have a beautiful, loved antique.

Pamela's last trip in the car before she moved to Avalon House was in 2023 where she went to Hahndorf, South Australia Pamela says she loves rally driving because it's fun!



Activity Highlights

Exercise at Avalon House

Exercise continues to be an important feature of our activity program at Avalon House. Each week the residents are put through their paces either in the gentle exercise classes run by the RAOs or the Balance and Strength class facilitated by Amy or Exercise with Adrian, our two in house physiotherapists. Helen often runs a seated yoga class where we incorporate slow breathing and mindfulness as we move. In addition, we also have the wonderful Ageless Moves ladies, who get everyone moving with their energetic routines, using pom poms and lively music equally our regular monthly drumming sessions are also physical, using the rhythm of the music to create movements and interactions. Many residents love to walk, and will do the rounds of the building, often pausing to chat to others, or meet in the coffee shop for a well-earned cappuccino, and we hold regular Walk and Talk activities where we walk in the neighbourhood, building our relationship with the local community and admiring the gardens and nature as we pass. Other regular activities are carpet bowls and balloon tennis, where we test our coordination and response, as well as having great fun working as a team.

There are so many known positive benefits to regular exercise, keeping the body active and strong can enable independence as well as reducing the risks of falls, and as we work in a group, we are sharing a social interaction and improving our mental health.



Ice Cream Making

Residents were in for a treat, a healthy cold treat when Hayley and her daughter Marley came back to work after the Christmas and New Year break.

Hayley had an ice cream making machine, which turns frozen fruit into a creamy delight which everyone enjoyed. We experimented with bananas, mangoes, berries and even adding chocolate, which proved to be a winner.

To round off January we had another Ice Cream making event, aided by our lovely girls Marley, Tilly, and Lucy. Hayley made more ice creams for everyone, and Cait presented an ice cream trivia quiz! It was delicious and with only 100% frozen fruit used it was also healthy!



Valentines

Love Is....

We celebrated Valentine's Day this year with a concert from the lovely Leyla in the afternoon, as well as having beautiful flowers on every table at mealtimes, and we created a conversation piece on our notice board, by asking everyone what love is to you.

We made cut out hearts and bunting in beautiful fabric, and then decorated the hearts and wrote on them what love is.

The answers were wonderful, thought provoking and funny, with suggestions that love is everything, love is always thinking of the other person and putting their needs first. Love is 64 years of marriage and love is also having a beer with your mates. In the words of the great musical band The Troggs, or maybe even Wet Wet Wet, it seems Love is all Around!



Australia Day!



Australia Day

Avalon house was decorated with Australian, Aboriginal flags and bunting to reflect our Australian pride. Lamingtons with tea and coffee were served for morning tea followed by the drumming circle activity with the delightful Carly drumming away and singing along to an array of Australian songs.

In the afternoon Keff McCulloch entertained our residents with an Australian themed concert followed by aeroplane jelly cups, mini meat pies and sausage rolls.

It was a lovely day enjoyed by all.

Welcome to all new residents and staff.

On behalf of the RAO staff and the home, we would like to warmly welcome our new residents, their families and staff who have joined Avalon House in the last 3 months. We look forward to getting to know you and collaborating together.

Monthly dates for your diary

March

7/3 Charlotte Concert
7/3 Spring Clean Day
12/3 Avalon Market Stall
14/3 St Patricks Day / Murray Concert
15/3 Piano Bar with Natalya
21/3 Geoff Suede Acoustic Concert
22/3 Ageless Moves
28/3 Easter Church Service
28/3 Keff Concert
29/3 Drumming with Carly

April

1/4 Easter Monday
4/4 Hugh Moran Concert
11/4 Roderic Concert
18/4 Annette Concert
19/4 Ageless Moves
23/4 Viva Trio Concert
25/4 ANZAC Day, Commemorative Service
26/4 Drumming with Carly
29/4 Easter Friday
31/4 Easter Sunday

May

2/5 Elvis Concert
9/5 Leyla Concert
12/5 Mother's Day
12/5 Nurses Day
14/5 Murray Fergason Concert
17/5 Ageless Moves

Regular dates for your diary

Happy Hour **Everyday 3:45- 4:45pm**
Hairdressers **Every Tuesday** in the hair salon
Resident/DON Meeting - **1st Monday of every month**
Library Delivery service – **13/3, 10/4, 8/5**
Bus Trips - Every **Wednesday and Friday** @ 1:30pm

Church services

Run by local parishes.

Christian Non-Denominational Services

22/3, 19/4, 17/5

Catholic Services

20/3, 24/4, 22/5

From all the RAOs at Avalon House

Helen, Kylie, Cait, Sarada and Marlene

Email: Rao_avalonhouse@thc.net.au