

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 DON Sumi,

Dear OPH residents, families, and team,

Autumn is here, finally it is a time to see trees changing its colour and enjoy the nature around us.

I would like to extend a warm welcome to all our new residents, families and staff who has joined OPH in last 3-4 months.

I would like to thank our residents/representatives for entrusting the care of yourself/your loved ones at Oran Park House.

We have open door policy, please feel free to provide your feedback or suggestions via phone, or email or in person or by completing feedback form or through feedback scanner. Feedback helps in bringing change and drive new ideas that we are so proud of at OPH.

I continue to send regular updates from Oran Park House, so please check your inbox to get ongoing updates from Oran Park House.

Once again thank you for your ongoing support and partnership in care that we have in place at Oran Park house.

Kindest regards

Sumi

Director of Nursing/ OPH

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Activity Highlights

Activity 1

Bus Trip

Residents have continued their adventures on our Oran Park bus outings together. The highlight for many was their trip to Thirroul Beach to feel and breath the fresh sea air along with the beautiful views of the ocean, sunshine, sand, and surf. Residents also had an informative trip to the Liverpool Museum reminiscing about the olden days remembering their childhood and many scenic drives whilst being served assorted sandwiches, muffins, tea, coffee, and refreshments. These outings foster social connections helping form new friendships enhancing their overall wellbeing.





Activity 2

Resident's Christmas Party

Residents had a wonderful time at the Christmas Party celebrating together with amazing food served refreshments and great company. They had a sing along to Christmas Carols with Entertainer Ron Ashton and danced the afternoon away. There was a surprise visit from Santa and his elf, the atmosphere was marvellous with everyone involved.





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Activity 3

Surprise Community Christmas Visitors

We had a lovely surprise visit from Cathy our new R.A.O.'s family generously sharing gifts of Christmas treats to each of our residents, interacting and engaging with beautiful, sweet smiles and conversation. This was the highlight of each resident's day.



Activity 4

Santa's Visit

Santa visited residents gifting chocolates and merry cheer. Residents were excited to see him.



Activity 5

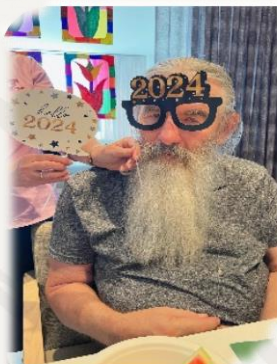
Christmas Day Lunch

Residents enjoyed a delicious traditional Christmas Day lunch in their decorated dining rooms. Residents were grateful to staff for making this special day so wonderful for them.



Happy New Year

Happy New Year to all residents and Families! The residents celebrated in style. The activity room was decorated and Happy Hour with beautiful food and refreshments shared. Lots of reminiscing about New year's celebrations of years gone by.



Elvis's Birthday

We celebrated Elvis's birthday on 8th January with Elvis Quizzes and trivia, nonstop Elvis music and an Elvis Movie with residents reminiscing about their memories of Elvis.



Australia Day Celebrations

Resident gathered To Celebrate the wonderful country we are lucky enough to live in appreciating everything Australian. We dressed up, decorated, and had a fun filled Happy Hour. We had Australia day trivia, Quizzes, word searches and artwork lots of reminiscing and traditional Australian meals served for breakfast lunch and dinner.



We love our Arts and Crafts

Residents continue to get their creative juices flowing with our art and craft activities usually with a theme of Christmas, Australia Day, Valentine's Day etc.



We Love to Keep Active

Residents know how important it is to stay active for their overall well-being. Favourites are Gentle seated exercise, Balloon Tennis, and Ball games.



Keeping our Minds Active

We continue our wordsearches, whiteboard word games, quizzes, trivia, knitting group, flower arranging, board games and bingo along with many other activities to challenge ourselves.



Upcoming events:

- March 8th Women's Day
- March 17th St Patrick's Day
- March 21st Harmony Day
- March 25th Greek Independence Day
- March 31st Easter Sunday
- April 1st April Fool's Day
- April 25th Anzac Day
- May 12th Nurse's Day
- May 12th Mother's Day

Random act of Kindness Day

We celebrated Random act of Kindness Day on 17th February. Just a reminder to make the world a little brighter and better through simple kind gestures, words, and actions as simple as a smile, a compliment, or a helping hand.



VALENTINE'S DAY



Fire Safety Education

Staff educated residents on Fire safety which the residents found to be beneficial knowledge to be aware of.



Ice cream Trolley

There's nothing like a visit from the ice cream trolley to brighten the residents day. Such a simple treat rewarded with big smiles and shared memories.



Some of the Staff Activities that happened at Oran Park House that we love sharing with you staff Christmas party, DON's meeting.

