

Greetings from the DON

Hello Residents, Family & Friends

I hope this newsletter finds you all well. Welcome back to a new year at Terrey Hills Nursing Home. This is the first quarterly newsletter for 2024.

Firstly, I would like to welcome our new Residents and their families to our wonderful community. I am very confident that each one will settle in very well and make sure they will be welcome with open arms as they begin to see this as their new home.

Visiting at Terrey Hills Nursing Home continues within the Covid structures, I thank all families and friends for their ongoing support of our program. If you do feel unwell or experience flu like symptoms, we kindly ask you to refrain from visit and have covid test immediately.

What an eventful year we had with the running of all activities; we got through it with flying colours.

Sandy Moutrie

Director of Nursing

Nicole Hirshau & Yan Li

Deputy Directors of Nursing

What is new?

On behalf of our DON Sandy and our team, welcome to our new staff members. We believe they will be a great asset and look forward collaborating with you.

We are pleased to welcome our new menu that commenced in January.



Introducing one of our Residents

Pam Macdonald Holmes made Terrey Hill Nursing Home her new home in 2022.

Pam was born in Australia and settled with her husband, Iain on the Northern Beaches in 1967.

Pam grew up in Sydney with two siblings, Keith, her older brother and Elizabeth, her younger stepsister.

Pam met Iain when they were students at teachers' college in Bathurst in 1958 and they married in December 1963. Iain sadly passed away in 2019.

Pam and Iain enjoyed many cruises, overseas trips and travelling within Australia.

Pam has three children and seven grandsons.

Pam enjoys meeting new residents and making new friends and enjoys visits from her grandkids and the family dogs.

You will often see her looking after her plants, enjoying the gardens, knitting and at social outings and activities.

Pam wanted to share some photos from her life, her younger years, and more recent times.

Pam's Wedding day





Pam & late Iain on Honeymoon



Pam now

Recent Events

Guest Speaker Ray Blackett

We have had Ray here before and he was very popular, hence reintroducing him again. Ray loves seeing the children's faces light up when he arrives in a Rural town to visit the schools as part of his charity and BASH club. There is also a vast amount of other things Ray does in helping people, he will take people on a ride in his motorbike no matter what age. Everything Ray does is from his heart.



Equine Assisted Learning Program

This program facilitates the learning of life skills using horses with objective driven exercises. These skills developed include communication, self-confidence, engagement between the resident and the horse, trust, and leadership. Working in teams of two residents and one horse helps facilitate a deeper connection and engagement from all involved. Each week from each term the program focuses on different objectives from connection to communication, self-confidence, leadership, creativity, and agency. Terrey Hills Nursing Home has just started the first term.

Australia Day

Australia day is the official National Day of Australia celebrating the arrival of the First Fleet into Port Jackson NSW on the 26th of January 1788. Here, on Australia Day the Residents had a barbeque and drinks to celebrate the classic Aussie food, a thong throwing competition, trivia and a concert commemorating the Australian culture.





Residents Christmas Party

Our Residents celebrated their Christmas party on the 13th of December. Thank you to our Chef Tui for organising a three-course meal, the Residents were so full. After the lunch was followed with two entertainers, Roderick, and Louis. At the end of the party, we had a surprise visit from Santa, who was the one and only Wayne. Thank you, once again Wayne. Residents also had arts and crafts leading up to Christmas making jewellery, craft, and gifts for their loved ones. Christmas day was followed by another scrumptious lunch, a distribution of Christmas chocolates from head office and a gift donated by the Rotary club.





Visit from Santa

Seeing the residents faces at the end of the day is why we enjoy interacting with them. We organised a Santa to come in for the residents that are either bed bound or don't come out of their rooms much.



Bus Trip to Christmas Lights

Every year we try and get a different bus load of residents who would like to see the Christmas lights displayed in the community. This year we first took the residents to Balmoral Beach for an outing until the sun went down, afterwards we went to the Christmas lights in Mosman and Belrose, the residents were so happy.



Concert from Sydney German School

A big thank you goes out to the Sydney infants, German School that performed twice for the Residents, they were great and were loved. Thank you!



June's Christmas Token Stall

Thank you to June and Theresa for setting up the Christmas token stall. There is not one day that June does not go out of her way for the Residents. This is a great idea for Residents that

cannot get out to go shopping for their loved ones.



Committee Members

We have six members of the Committee for 202, they are Alan Baumgart (Chairman), Robert Obern ((Secretary), Ivan Whitla, Wendy Annabell, Roslyn Robins and Claude Thompson. Our Residents Committee have been active in providing feedback to the management and have initiated several improvements over the years. We look forward to working with the Committee

to provide our Residents with a high standard of Consumer-Focused Care and Services.



Regular Weekly Activities

Our weekly program for the Residents has an array of exciting activities including, exercise class, meditation, walking group, bus trips, bingo, trivia, quiz, arts, crafts, religious activities, choir, board games, discussions, token stalls, movies, music, entertainment, happy hour, pancake days, pet therapy, para seal therapy, walking groups, carpet bowling, ice cream runs, fashion shops, hairdresser and more.









Four Generations



Upcoming Events

February

- Committee Meeting 28th.

March

- Entertainer Raquel 8th
- Entertainer P. Eliot 15th
- Guest Speaker-Surf Life Saving 15th
- St Patrick's Day 17th
- Harmony Day 21st
- Entertainer Elvis 22nd
- Animal Farm 27th
- Good Friday (Stations of the Cross) 29th
- Easter Day 31st

April

- Entertainer Hugh Moran 5th
- Entertainer Grant Newsome 12th
- Guest Speaker-Cyber Safety 15th
- Guest Speaker-Elder Abuse 17th
- Entertainers Roll With It 19th
- Anzac Day 25th
- Entertainer Tony Mazel 26th

May

- Entertainer Viva 3rd
- Entertainer Louis 10th
- Mother's Day 12th
- Entertainer Ross Hamilton 24th

- Entertainer Souz Smith

31st

Once again, we would like to thank you for your ongoing support. We look forward seeing all the exciting things happening the next couple of months.

Don't forget if you cannot make visiting your loved ones you can always send them a gift, chocolates, or flowers, or even give them a call or Face Time video call and let them know you are thinking of them.

Bye for now.



Anne Politano

Lifestyle Coordinator

June, Theresa, Katalee, Kate, Katie

Recreational Officers