

### Greetings from the DON

The Summer season with its warmer weather has thankfully also coincided with a continued relief to COVID-19 restrictions over the months of December through to February. I am very pleased to inform residents and relatives we have had very few cases of COVID over these past few months due to the safe protocols, procedures and cooperation of all the community at Wahroonga House. Hence the residents have been able to attend and enjoy the many varied activities and celebrations.

I would like to take this opportunity to thank all the residents, relatives and staff for their co-operation and support whilst I was on leave in November 2023.

### Activity Highlights - Craft classes

Residents enjoyed the opportunity to stimulate their creative skills in the various craft and art classes held each month. In December Alison, daughter of resident Betty, kindly volunteered to run a craft class to make Christmas cards. Also due to popular demand, our wonderful volunteer Anton ran another Paper Flower Making class. Residents enjoyed watching the demonstration and then made their own colourful paper rose. The delight and sense of achievement by our residents who attended the class was an absolute joy to observe!



*Residents enjoying making Christmas cards in craft class*



*Resident Mary having fun with her paper rose she made in the craft class*



*Volunteer Anton demonstrating to residents how to make paper roses in the Craft class*



### Armchair Travel – Finland, Hawaii & Canada

Residents were treated to informative and entertaining Armchair travel presentations to Finland, Hawaii and Canada over these past three months. In the travel presentations which are held in our cinema, residents are shown a video on the best places to visit and also provided with “fun facts”, interesting trivia and a quiz for entertainment. Residents always love the food and beverage tasting of the countries’ traditional cuisine which is included as part of the activity. For December’s Armchair Travel to Finland, residents were given a first-class plane ticket on their arrival and they enjoyed tasting the beautifully decorated gingerbread house whilst being entertained with the travel video.



*Residents enjoying the Armchair Travel presentation*

### What’s new?

New initiatives, staff education & training programs and activities have been implemented over these past three months at Wahroonga House. These include staff education and training programs, ongoing revised food services, the introduction of the new Summer menu along with new activities and ongoing monthly meetings by the resident committee

The menu has been reviewed and many changes have been made following suggestions and feedback from the residents and relatives. Also, staff are presently planning activities and an international menu to celebrate the next quarterly Event Day with the theme Multiculturalism, to be held in March.

A new activity, “Podcast and Discussion” has been introduced to provide more variety of activities on the weekends and an activity that can be enjoyed also by visually impaired residents. The audio podcast is held on two alternate Sundays of each month and held in the cinema. An interesting audio podcast is selected which may be on anything from travel to arts and culture. A “book club” style discussion follows the podcast which is led by our staff member Mia. The activity has been very well received and enjoyed by the residents

### *Celebrations -Christmas Party*

Wahroonga House held the annual Resident Christmas Day lunch on Thursday 7th December 2023. The tables were beautifully decorated by staff including individual handmade felt reindeers with candy cane antlers by staff Belinda and Anna. There was a special Christmas feast of roast turkey with all the trimmings including of course Christmas pudding! Staff sang Christmas carols to the residents over lunch and each resident was given a Christmas card made by a children’s charity. Our much loved entertainers Ross and Hugh provided wonderful music and songs to make the festive day memorable.



*Residents enjoying the Christmas party lunch*





*Residents Christmas lunch - Staff member Mia and resident Valerie*

### Australia Day

Wahroonga House residents celebrated Australia Day on the 26<sup>th</sup> January 2023 with activities including Australian bingo and the much loved "Thong Throwing" competition.

Wahroonga House was decorated with Australia Day flags and banners to mark this special celebration.



*Residents enjoyed playing the "Thong Throwing" competition on Australia Day.*

### Birthdays

We had a flurry of birthday celebrations at Wahroonga House during the months of December to February 2024.

Our much-loved resident Valerie celebrated her 101<sup>st</sup> birthday in February. Residents who celebrated their "90 Something" birthdays included Mavis, Mary, Norma, Ian, Cecily, Shi, Nerida, Gerald, Margaret, Phyllis and Betty to name just a few. Staff and fellow residents sang them happy birthday, presented each resident with a birthday cake along with festive balloons and a card to mark the special occasion.



*Resident Ian celebrating his 95<sup>th</sup> birthday with staff*



*Celebrating Margaret's birthday in the café with cake, balloons and fellow residents.*



### Resident's contribution

The Resident Committee meets on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. It is also to help plan activities that any resident can join and shape the community to make it feel more like a home. The committee is to give residents a say in how their home is run. Some of the suggestions the committee has raised over these past few months which have been implemented include suggestions and feedback on the menus, introduction of more activities for visually impaired resident and staff training for dining etiquette.

### Special Moments

Residents Norman and Christine celebrated their 64<sup>th</sup> wedding anniversary in January and so our amazing staff arranged a special private "dinner for two". On the menu was baked salmon, parmesan mash and broccolini, followed by a lemon lime cheesecake for dessert, and of course champagne to celebrate this significant and special day.



*Staff arranged a special "Dinner for Two" for residents Christine and Norm to celebrate their 64<sup>th</sup> Wedding Anniversary.*



*Another special moment – Resident Jill in craft class making Chinese New Year paper decorations.*

### Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming autumn months.

The main celebrations will be Easter Good Friday, 29 March and Easter Sunday on the 31<sup>st</sup> March 2024. There will also be an ANZAC Day service to be held in Wahroonga House chapel on Friday 26<sup>th</sup> April 2024, the day after ANZAC Day due to availability of the guest speaker from Hornsby RSL. Finally, Mother's Day will be celebrated on the Sunday 12<sup>th</sup> May 2024.

The regular monthly Resident and Relatives meeting will be held on the last Friday of the month at 11 am in the cinema.

Also, the Resident Monthly Welcome Morning Tea is held on the 3<sup>rd</sup> Thursday of each month.