

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 our second quarterly newsletter for 2024.

Firstly, I would like to extend a warm welcome to our new residents and their families. I am confident that each one will settle in well and feel embraced by our wonderful community as they begin to see this as their new home.

Visiting at Terrey Hills Nursing Home continues within the Covid protocols. As you are aware, we currently have a Covid outbreak. I thank all families and friends for their ongoing support and cooperation with our program. If you feel unwell or experience flu-like symptoms, we kindly ask you to stay away and get a Covid test immediately. Families are encouraged to visit their loved ones and even take them out for a few hours if possible.

We have introduced educational sessions for residents, held fortnightly on Fridays at 1:00 pm. Sister Nicole and Sandy lead these sessions in the Faith Thompson Lounge, focusing on the Eight Standards of Aged Care. So far, they have discussed topics including the Charter of Rights and Partnership in Care, as well as services available at our facility. The Partnership in Care emphasises a person-centred approach, recognising and promoting the existing relationships of care between residents and their families or close friends.

What an eventful year we had with the running of all activities; we navigated it successfully and achieved great results.

Sandy Moutrie

Director of Nursing

Nicole Hirschau

Deputy Directors of Nursing



What is new?

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



Introducing one of our Residents

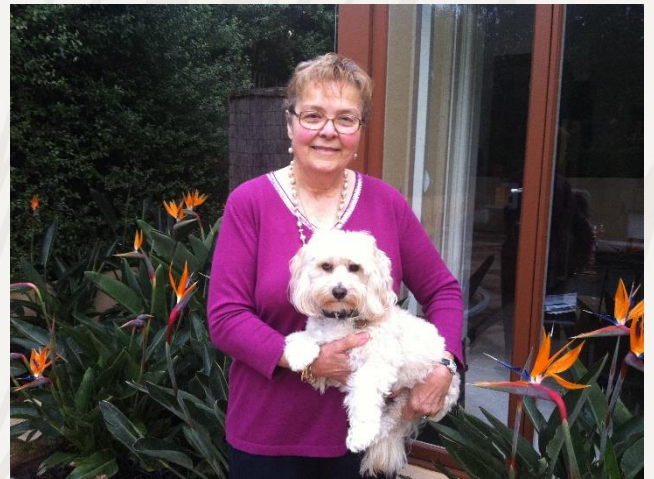
- Fouliane was born on Oct 5, 1937 in Cairo Egypt where her extended family had settled after the Armenian Genocide of 1915
- Fouliane was the eldest of three children, who all attended an Armenian school, and when she graduated, she spoke five languages including Armenian (her native tongue), French, Arabic, English and Turkish. She can still converse in all these languages today.
- She grew up in a large extended family with many cousins, aunts, and uncles, who were all very close, spending a lot of their time together visiting, having family picnics and holidaying together.
- Like many young women Fouliane worked as a seamstress for a few years, hand stitching high-quality made to measure garments, and she also learnt to embroider intricate pieces from her mother. In her spare hours, Fouliane

administered vitamin and other injections to a client base of wealthy English and European families in their own homes.

- At the age of 21 years, Fouliane married Haig Touloumbadjian, and they had two children Nairy (1960) and John (1963). Around this time Egypt was becoming nationalised and the future for non-Arabs was not looking bright, so the young family looked to Australia for new opportunities. Haig's brother had emigrated to Australia in the 1950s, so he acted as guarantor for Fouliane, Haig, Nairy, John (who was only 3 months old) and Fouliane's elderly mother-in-law, to migrate to Sydney. She left behind her brothers, parents and extended family and it would be three years before she saw them again, this time as she and Haig become their guarantors. However, many cousins moved to the US and to Canada at that time, so the family was suddenly spread all over the world.
- After 30 long days on a ship, caring for a baby and elderly woman, they arrived in Sydney in November 1963 with only the 200 pounds that they were allowed to leave with.
- They settled in Marrickville, renting a home for two years and both working shift work in factories, Fouliane at the Phillip Morris cigarette factory and Haig at the Sunbeam appliances factory. In two short years however, they bought an old house in Cammeray, which they renovated themselves slowly over time. They then became guarantors for the rest of the family, and they were able to reunite with her brothers and parents.
- Fouliane went on to learn to drive at the age of 38 years with her first car being a huge sports Ford Falcon! She moved to a printing company called Kalamazoo where she supervised a team of women, many of whom were also migrants who she helped to get a job there. She was a very popular employee and supervisor, she played volleyball at lunchtimes and baked for morning teas, and genuinely enjoyed working there.

- On the home front Fouliane cared not just for her kids but also her mother-in-law and mother who had serious illness over many years, once giving up her job to do this full time. In the early years, Fouliane & Haig had three elderly family members and one of her brothers living with them – a very full house!
- Fouliane contributed for over two decades on committees and working groups for the Armenian community group AGBU, helping with events, the community newspaper, and fund raising.
- She also travelled back to Egypt and Lebanon, to Armenia as part of a delegation after their catastrophic earthquake of 1988, to the US and Canada at least four times to see her beloved cousins, to Melbourne many times to see her daughter and grandchildren, Queensland and even Noumea on a girls' trips. She even did the Sydney Harbour Bridge climb at age 65 years!
- Once retired Fouliane helped to care for the grandchildren, helped in family businesses, took in family members at different times, and cared for her husband until he passed in 1998. She knitted blankets for family and friends, kept up her community work and even got engaged again to George who was a wonderful companion for over 10 years.
- Fouliane today is still a very articulate person, especially in her native tongue, very inspirational and loving, still very much a Mum, Grandma, Great Grandma, and sister, with caring and wise words to support those around her. She is a proud great grandmother to four very cute grandchildren.





Barbara Dunlop 104th B'Day & Life

Barbara was born in February 1920 and grew up in a large family of 5 children in Chatswood. Barbara describes her childhood as idyllic attending Chatswood Public school and then Pymble Ladies college for her secondary education. She spent many holidays in Katoomba and Dee Why as well as Thredbo where she loved to ski.

She trained to become a nurse at the Children's hospital at Camperdown and then worked in Pathology when she married Geoff Dunlop who she met in the choir of St Stephens Willoughby. They settled in Roseville where they had one daughter. Barbara took on a nursing job at Milton Nursing home in Roseville in the late 70's, she adored looking after "the oldies" she said. When they retired, they moved to St Ives and when Geoff died, she realised she required more assistance and moved to the Cotswolds in North Turrumurra. Barbara has two grandchildren and 3 great grandchildren soon to be 4. Barbara kept active by playing golf and tennis up until her late 80's. She was a keen Bridge and Mah-jong player, loved gardening, church activities, reading & attending social outings especially with Probus, she and Geoff travelled extensively within Australia and on cruises of the South Pacific. Barbara has always been interested in others and has a great sense of humour. She has amazed family and friends by quickly adjusting to new places and accepting old age with grace and gratitude.



Birthday Milestones

Ida Guadagnin turned 100 in March, she was very lucky to have family, friends, and our entertainer and our local school who sang to her.



Ginny Munro turned 80 in May, she celebrated with a party of friends and staff.



Alan Baumgart our Committee Chairman turned 90 in April. Alan, and his beautiful wife, both reside here. They went home to celebrate his milestone Birthday with family.



Hiroko MacDonald turned 90 in May, celebrating with her family and staff.



Recent Events

Mother's Day

Mother's Day is a special day. It is a celebration honouring the mother of the family, as well as motherhood and the influence of mothers in society. It is celebrated in so many ways mostly in May each year. Many of our residents went out for lunch with family and the remaining ones had family visit the Nursing Home.



Mother's Day luncheon

Every year after Mother's Day we have a women's luncheon, a new group of nine set out to a destination, have lunch, a drink, and a yarn. This year we went to the Royal Motor Yacht Club. The residents were happy.



Guest Speaker Constable Laura McKinnon

Constable Laura McKinnon came to the Nursing Home to give a speech on Cyber Security and Scams. Being alert to scam messages is a great way to protect yourself online. These proposed scammers may try to compromise businesses and workplace. Scammers often use emails, text messages, phone call and even social media.



Anzac Day

Every year on April 25th we are honoured to celebrate Anzac Day and commemorate those fallen at the War. We started with an opening speech by Alan Baumgart, Bob Rodger laying the wreath and Victor Seaglove reading the Ode. We played The Post, The Rouse, sang Advance Australia Fair and had the one-minute of silence. At 2.00pm we had a special Anzac Day concert.



Easter Day

Easter day is a Christian festival commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion. Here at the Nursing Home, we had the stations of the cross on Good Friday and celebrated Easter with the residents and families, we also had the Easter bunny visit on the week of Easter.



St Patrick's Day

St Patrick's day is a Religious and cultural day held on March 17th, the traditional date of his death (c385-c.461), was the foremost patron Saint of Ireland. Here at the Nursing Home on March 17th we celebrate St Patrick's with Irish food, drink, beers, and an Irish trivia afternoon with sweets.



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 been running this fortnightly for the last two terms.



Pony Day

A couple of days before Easter, I managed to get a pony for the residents called Starlight. The pony was enjoyed and good therapy.



Regular Northern Beaches Christian School visit

On a regular basis on Wednesdays at 1.30pm the residents get a visit from the students at Northern Beaches Christian School, the students interact and sing for them. The students give up their lunch time to come and see the residents. This is a great therapy for the residents and the students.





Committee Members

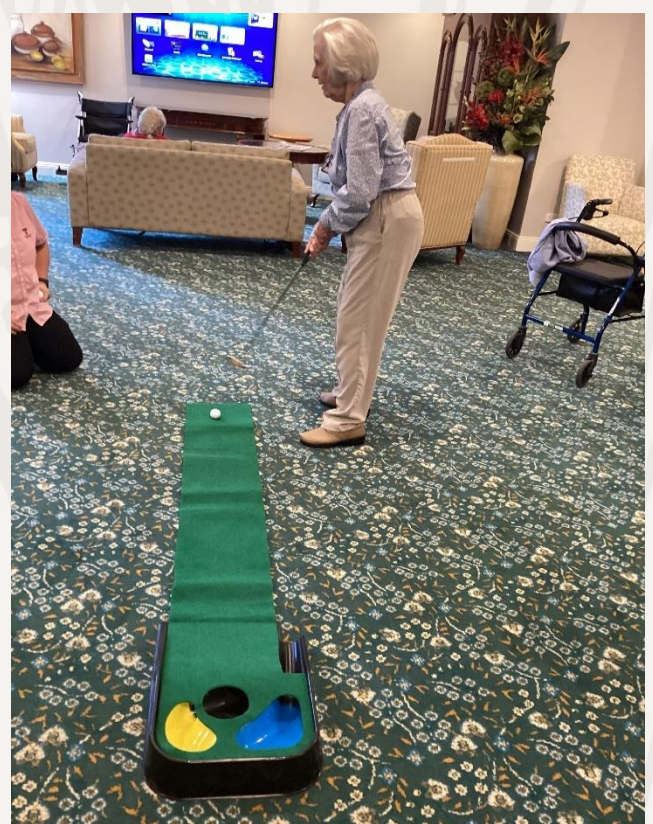
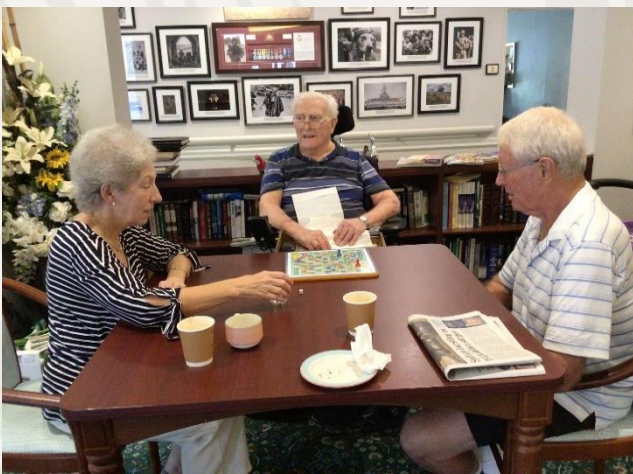
We have six members of the Committee for 2024, they are Alan Baumgart (Chairman), Robert Obern ((Secretary), Wendy Annabell, Roslyn Robins and Claude Thompson. We are pleased to announce our new Committee member, Louise Taylor. Our Residents Committee have been active in providing feedback to the management 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



Three Generations



Upcoming Events

June

- Committee Meeting 4th
- Kinma Kindy Visit 4th
- Racquel Sings 7th
- Kings Birthday 10th
- Penny Sings 14th
- Multicultural Festival 20th
- Kristy Sings 28th

July

- Grant Sings 5th
- Louis Sings 12th
- Elvis Sings 19th
- Peter Eliot Sings 26th

August

- Hugh Moran Sings 2nd
- Roll with it Sings 9th
- Viva performs 16th

- Larry & Robyn Sings 23rd
- Tony Mazel Sings 30th

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

Don't forget if you cannot come 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, Nathalie, Katalee, Kate, Katie

Recreational Officers

