

### Final Greetings from the DON

I wish to inform you all that sadly this will be my last contribution to the newsletter for after 18 fulfilling years with Thompson Health Care the time has come for me to retire and embark on the next chapter of my life. My last day at Wahroonga House will be on the 3 March 2025. I want to thank you all for your collaboration and support over these many wonderful years at Wahroonga House.



### Activity Highlights- Cooking Class

Recreation & Activities Officer, Sandy and her team have been treating the residents to some delicious cuisine in the cooking demonstration classes which are held monthly. Tim Tam balls were an absolute hit with the residents. These classes also provide a multi-sensory experience of sight, sound, smell and taste for the residents.



*Residents enjoying the cooking demonstration class*

### Armchair Travel – Croatia, India & Germany

Residents were treated to informative and entertaining Armchair travel presentations to Croatia, India and Germany over these past three months. In the travel presentations residents are shown a video on the best places to visit and 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. Samosa for the India talk and pretzels with German beer were a hit with the residents.



*Residents enjoying the Indian dancing performed by staff member Raman in the Armchair Travel activity*

### What’s new?

Staff education, training programs and the introduction of two new activities for residents have been implemented over these past three months. The new Group Discussion class includes a variety of ways and techniques for residents to discuss a range of topics including using short videos of historical events. Also the Newspaper Reading activity involves the Recreation and Activity Officer collecting interesting newspaper articles over the month and then as a group the residents have an opportunity to hear and discuss various news topics that have occurred over the past month.

### *Celebrations -Australia Day*

Wahroonga House residents celebrated Australia Day on Sunday 26<sup>th</sup> January 2025 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 playing the “Thong Throwing” competition*

### *Retirement farewell Morning Tea for Melissa Yan, Director of Nursing*

A special morning tea was held on the 25<sup>th</sup> February to say farewell to our Director of Nursing, Melissa Yan who is retiring on the 3 March 2025. Residents, relatives and staff gathered in the café for heartfelt speeches and the presentation of flowers and gifts to Melissa.



### *Birthdays*

We had a flurry of birthday celebrations at Wahroonga House during the months of December to February 2025. Our much-loved resident Shi Shi celebrated her 100<sup>th</sup> birthday in January. Residents who celebrated their “90 Something” birthdays in January or February included Mary, Cecily, Margaret, Phyllis, Betty, May, Margaret, Giuseppe, Norma and Nerida 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.



*Celebrating resident Norma's Birthday*

### *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. 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 include arranging more musical and instrumental entertainment such as school choirs, meditation classes, more carpet bowling activities in the weekly program and menu suggestions.



*A community choir of people living with dementia performed for our Wahroonga House community*

### Special Moments

There were many special moments over the past few months at Wahroonga House, however hearing and watching our resident Carol play one afternoon on the grand piano was truly a special moment as she played beautifully much to the other residents delight. Visitors, residents and staff are always welcome to play the piano which is located on the ground floor in the large lounge room. Another “pearler” was the beaming smiles of our “two Margarets” and Eunice at the entertainment activity.



*Resident Carol playing on our grand piano one afternoon*



*Another special moment – Beaming smiles of residents at the weekly entertainment concert*

### 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 on the 18<sup>th</sup> April and Easter Sunday on the 20<sup>th</sup> April 2025. ANZAC Day is on the Friday 25<sup>th</sup> April. A service will be held in Wahroonga House chapel on Thursday 24<sup>th</sup> April. Finally, Mother’s Day will be celebrated on the Sunday 11<sup>th</sup> May 2025.

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.