

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 the DON

Avalon House has some exciting news; I'd like to welcome our new Clinical Nurse Specialist Sajana.

Sajana has been working at Avalon House as a Registered Nurse for over 3 years, she is highly experienced in clinical care and is a great addition to our management team.

Sajana will be working Thursday - Monday and will be the *in charge* over the weekends.

Please join me to welcome her to the management team.

Avalon House will be commencing renovations in March, as soon as I receive any further information, I will update residents, relatives, and staff at a meeting and via email.

I would like to thank all our residents and relatives for their ongoing support and their generosity at Christmas time, our staff really appreciated the acknowledgement of their hard work and dedication to our residents.

Kind regards,

Hayley Bonnici
Director of Nursing
Email: avalonhouse@thc.net.au



CONGRATULATIONS!

Sajana, Clinical Nurse Specialist



Drumming with Carly

Activity Highlights

Resident Special Lunches

This year we have started a new initiative with the residents where they are personally invited to attend the private dining room for lunch in small groups, which are also attended by two members of staff.

The residents are given a personal invitation a week before the lunch, and they can then RSVP to the PCW-SS team or reception.

On the day we meet upstairs in the centrally located private dining room, where they have a three-course meal accompanied by a glass of wine or a beer if they choose!

The lunches are proving to be a tremendous success as different groups take their turn, and we sit around the table, enjoying the different food and chatting.

The feedback from the residents has been so positive, with initial delight at receiving an invitation, having something to “look forward to”, the joy at seeing the dining room beautifully set with tableware and fresh flowers, and to the wonderful food.

It has been a pleasure for the residents and the staff that attended to sit and chat and enjoy each other’s company. The following day residents were still chatting about how lovely it was.



Ice Cream and Fruit Juice Making

Residents were in for a treat, a healthy cool treat when Hayley and her daughter Marley came back to work after the Christmas and New Year break.

Hayley had an ice cream making machine, which turned frozen fruit into a creamy delight which everyone enjoyed. We used frozen bananas, mangoes and berries.

As a resident request we also had a juice making day, residents enjoyed helping cut up the fruit and vegetables and made delicious juices that everyone sampled. Residents thoroughly enjoy our food and beverage activities, and we look forward to pancake making and baking Anzac cookies in the coming months together!

Australia Day

We had a great Australia Day Celebration this year, packing in lots of activities into the day.

In the morning, we had our Morning Get Together, where we sang some songs, answered some quiz questions, discussed the new Australian Of The Year, Neale Daniher, who has raised over \$100 million for MND research. We also paid tribute to our own residents who have been honored in the past with awards. We then discussed any traditions that people have with their families for Australia Day, and there were a lot of days at the beach and BBQs in good Aussie fashion.

In the afternoon we welcomed Murray Ferguson who performed a concert today, featuring lots of favourite Aussie songs, and songs from around the world that reflect the many countries we have come from. We then enjoyed afternoon tea with some meat pies and sausage rolls with tomato sauce!

To finish off the day we had Happy Hour, where we were assisted by 2 of our school volunteers Eloise and Charli, 2 delightful young people who started coming to Avalon House to complete their community service hours for the Duke of Edinburgh scheme, but still keep coming as they love being here – the future of Australia is in very safe hands with young people like these 2!



Beautiful connections with staff

Welcome to all new residents and staff.

On behalf of the RAO staff and the home, we would like to warmly welcome our new residents, their families and staff who have joined Avalon House in the last 3 months. We look forward to getting to know you and collaborating together.

Call for guest Speakers

If you or someone you know has an interest, hobby or occupation that you think would be of curiosity to our residents and would like to speak to them about it we would love to hear from you!

Please make contact via our email address

rao_avalonhouse@thc.net.au

From all the PCW SS (Personal Care Worker Social Support) at Avalon House

Helen, Kylie, Cait, Sarada, Marlene and Mel

Email: Rao_avalonhouse@thc.net.au



Monthly Dates for Your Diary

Due to unforeseen circumstances the diary is subject to change

March

4/3 Shrove Tuesday
6/3 Concert - Roll with It Trio
13/3 Concert – Hugh
17³ St Patricks Day
17/3 Concert – Keff
21/3 Ageless Moves
27/3 Concert - Ross Hamilton
28/3 Drumming and Music Therapy with Carly

April

3rd Concert - Annette
9th Juliet Piano Bar
10th Speaker
11th Concert - With Love Duo
14th Easter Service
15th Ageless Moves
17th Concert – Greg McCosker
18th Easter Friday
19th Easter Saturday
20th Easter Sunday
21st Easter Monday
24th Concert - Murray
25th ANZAC Day
28th Drumming and Music Therapy with Carly

May

1st Concert – Leyla
8th Concert – Paul Leventhal
9th Celebration of Volunteers
11th Mother’s Day
12th Nurses Day
15th Concert – Elvis
16th Ageless Moves
22nd Concert - Lyric Trio
27th Concert- Roderic
30th Drumming and Music Therapy with Carly

Regular Dates for Your Diary

Happy Hour Everyday 3:45 - 4:45pm
Hairdressers Every Tuesday in the hair salon
Resident/DON Meeting - 1st Monday of every month
Library Delivery service - Monthly
Bus Trips –
Every Wednesday @ 1:30pm Fridays @ 10:30am

Church Services

Run by local parishes.
Christian Non-Denominational Services (Love In Action)
21/3, 18/4, 16/5
Catholic Services 26/3, 23/4, 21/5
Anglican Service 18/3, 14/4, 19/5