

Greetings from the DON & RAO's

Hello Residents, Family & Friends

We are very excited to welcome Spring and accommodate the warmer weather to bring more opportunities of outdoor activities for the residents. Throughout the last quarter our Recreational Activities Officers have been busy planning and organising many wonderful activities and events for our Residents. Hope you enjoy reading the Newsletter embracing the moment of the memories with your loved ones.

We would like to acknowledge all new Residents and Staff who have arrived and make them feel welcome as part of our home.

As you are aware, since the last newsletter we have had another lockdown due to a breakout of influenza and RSV virus, thank you all for your ongoing patience and support. Our focus here at Terrey Hills Nursing Home as always, is to keep everyone safe and while staff works hard to try and achieve this, we regret we are not always unable to stop Covid, Flu or any viruses entering our facility. We do apologise to Residents and families of the impact the outbreaks have had on all of us.

New suggestions and feedback are always open, so please write your feedback and place it in the box at reception.

Sandy Moutrie

Director of Nursing

Nicole Hirschau

Deputy Director

Recent Events

Let the Games Begin!

This was the first time we have celebrated the Olympics by putting on an event and letting our Residents and staff be part of it. We set up the Faith Thompson Lounge with the world flags, our Don Sandy, some staff and Residents carried the imitation torch around the lounge room for the games to begin. We set up the lounge room with several games including, javelin throwing with the pool noodles, darts and ball throwing finishing with the Australian song "We are Australian". Our Residents were so happy they couldn't stop talking about it.





Guest Speaker Clint Pickin Paralympian

To commemorate the Paralympics, we had a guest speaker, Clint Pickin who was a Paralympian athlete, he spoke about his injuries which led him to the Paralympics and his life story.





traditional attire and we taste different foods around the world and learn their culture.



Multicultural Day

We love celebrating Multicultural day, this is where the staff and residents share their





Newcomers Afternoon Tea

The first day of being in a Nursing home can be emotional and overwhelming for some, is why we like to have a newcomers afternoon tea to welcome new Residents, this is an opportunity to get to know others and their committee team. We welcomed them one by one; they stood and gave their stories and names; it was a nice afternoon.



Seniors Right Service Member of OPAN

Speaker: Deb

On Friday the 5th of July we had a guest speaker, Deb from the Seniors Rights Service, she came to speak to the Residents and staff about advocacy and rights.

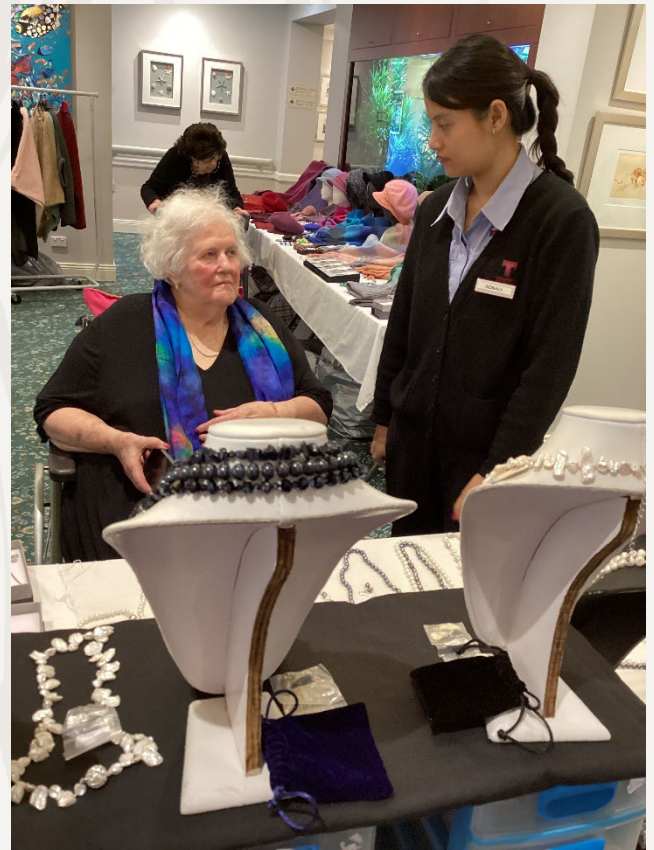


Introducing Momo our Per Therapy Dog

From the moment our volunteer Dacre presented our residents Momo, they fell in love with her. Momo is a seven-year croodle cross and very affectionate with the residents, she comes her once a week. Pet therapy is so important, it not only reduces their behavioural disorders including agitation, stress, anxiety, mood swings,

depression, but it may also stimulate some residual cognitive function. Good on you Momo!





Visits from Northern Beaches Christian School

Every Wednesday at 1.40pm we get a visit from Northern Beaches Christian School students; they give up their lunch time to come and visit the residents.



Ainslee Shop

Residents and staff have an opportunity to shop in the Ainslee Shop. This shop has bags, scarves, necklaces, earrings, bracelets, jackets, and gifts. The shop is wholesale to us, it is a great opportunity to shop for gifts especially Residents that are unable to get out.





Milestone Birthdays

This year our resident Ginny celebrated her 80th Birthday amongst her friends and staff. It is always a pleasure to be with the residents when they celebrate.



June's Token Stall

Our recreational officer June has been running a token stall for eight years. We get donations from the community, the residents make items from knitting to crochet, greeting cards and gifts, these are all displayed on trestle tables quarterly for the residents who are unable to get out and buy gifts.



Activity Highlights

Our weekly program for the Residents has an array of exciting activities including, exercise class, bus trips, bingo, trivia, quiz, arts, crafts, religious activities, games, discussions, token stalls, movies, music, choir, entertainment, pancake days, walking groups, fashion shops and more.







3 Generations



4 Generations



Upcoming Events

- Sep 10- Voting Booth
- Sep 13 – Murray Ferguson sings
- Sep 16 - Kinma School Visit
- Sep 18 – Beyond Blue Presentation
- Sep 20 – Juliet plays piano
- Sep 27 – Ross sings
- Oct 4 – Alice plays piano
- Oct 9 - World Food Day
- Oct 11 – Sarah & UJ sing
- Oct 18 – Peter Eliot sings
- Oct 25 - Racquel sings
- Oct 28 - Biggest Morning Tea
- Nov 1 – Penny Howel sings



We would like the opportunity to thank you all for your support during the year, it sure did have its challenges. Do not forget if you cannot make it to see your loved ones, you can do a face time call or even them flowers or a gift.



Anne Politano

Recreational & Lifestyle Coordinator

*June, Theresa, Nathalie, Katalee, Kate,
Katie & Anna*

Recreational Officers

