

Greetings from the DON, DDONS & RAO Coordinator

Hello Residents, Family & Friends

Happy New Year, everyone! We hope you all had a wonderful holiday season and are feeling refreshed for 2025.

We're excited to start the year with fresh energy and plenty of great activities planned for our residents. It's going to be a busy and rewarding year, full of events to keep everyone engaged and connected.

A big welcome to our new residents and staff! We're so happy to have you join our community. Settling into a new place can take time, so please don't hesitate to reach out if you need anything. We encourage you to join in on our social activities – it's a great way to meet new friends and feel at home.

Looking back, 2024 was a fantastic year with plenty of memorable moments. From our summer barbecue to our festive holiday celebrations, we've shared some truly special times together. We're incredibly proud of our residents and staff for their resilience and dedication, especially through the challenges of COVID-19 and flu season. Your commitment to keeping our community safe is truly appreciated.

We also want to thank our residents' families for their ongoing support. Your understanding and partnership mean so much to us, and we're committed to working together to provide the best possible care for your loved ones.

We're looking forward to another great year ahead! As always, we welcome your feedback and suggestions – your input helps us make our community even better.

Warm regards,

Sandy Moutrie

Director of Nursing

Nicole Hirshau & Golf Laokunwicheat

Deputy Directors of Nursing

Recent Events

Birthday's & special 105th Birthday

Birthdays are always special at our nursing home, and we love celebrating with our residents and their families. It's a wonderful time to come together, share laughter, and create happy memories. Seeing families join in makes the day even more meaningful, filling our home with love and joy.

This February was extra special as we celebrated an incredible milestone—one of our residents turned 105! It was a beautiful day filled with smiles, cake, family and plenty of well wishes. Reaching such a wonderful age is truly inspiring, and we were honoured to celebrate this moment with family, friends, and staff.

Every birthday is a chance to make our residents feel cherished, and we look forward to many more celebrations throughout the year!





Women's Luncheon

Our residents enjoyed the Women's Luncheon for a chance to socialize and connect with friends. This year, they chose Limani Restaurant in Narrabeen for its lovely atmosphere and delicious food, providing a delightful setting for a relaxing and enjoyable afternoon together.



World Cancer Day

World Cancer Day is a time to raise awareness, show support, and act against cancer. This disease affects millions of people, but with education, early detection, and research, we can make a difference.

Fundraising plays a big role in this fight. Every donation helps fund research, improve treatments, and support those facing cancer. At our nursing home, we focus on health and well-being by encouraging regular check-ups, nutritious meals, and staying active to help reduce health risks.

On February 4th, we held a special afternoon tea for World Cancer Day and raised \$100.70. Thank you to everyone who contributed! By standing together, we can bring hope and support



**HAPPY
BIRTHDAY**



FEBRUARY

Valentine's Day

On Valentine's Day we showered our Residents with love by presenting them with a beautiful rose and afternoon tea, just a small gesture to make them feel cherished and appreciated.





Flower Arranging with Zoe and Joanna from Gregory & Carr

After a long time, the residents were delighted in a flower arranging activity organised by Zoe and Joanna from Gregory & Carr, the flowers and vases with the beautiful arrangement were taken by the resident as a cherished keepsake.



Australia Day

Australia Day on January 26th is a special time to reflect and celebrate together. At our nursing home, we make sure the day is filled with warmth, fun, and plenty of Aussie spirit. We start with a flag-raising ceremony – a moment of quiet respect before we launch into some classic patriotic songs, often led by our own residents. The smell of freshly baked lamingtons fills the air, adding to the excitement of our Australia Day feast. Our common areas are decked out with bright Aussie-themed decorations – kangaroos, koalas, and, of course, the Australian flag, creating a festive and cheerful atmosphere. The afternoon is packed with entertainment, from thong-throwing competitions and trivia to classic Aussie singalongs and storytelling



sessions where residents share their own memories of Australia's past. We often have guest entertainers to add to the fun, making the day even more special. Most importantly, it's a day of laughter, stories, and togetherness, where residents reconnect with their Aussie roots and enjoy the company of friends. We finish with a quiet moment of reflection, appreciating the friendships and memories made – a perfect way to wrap up a truly memorable Australia Day.



Staff Awards

At Terrey Hills Nursing Home, we love celebrating our amazing staff and the hard work they do every day. Our team members receive awards for many reasons, all linked to their dedication and care for our residents.

These awards aren't just about clinical skills like providing top-quality care, medical knowledge, or ensuring resident safety – they also recognise the people who bring kindness, creativity, and teamwork to our home. Whether it's a long-standing staff member who has dedicated years to caring for others, someone who goes above and beyond to make residents feel special, or a team player who lifts everyone's spirits, we believe in showing our appreciation.

Caring for others is both physically and emotionally demanding, and our staff face these challenges with professionalism, patience, and compassion. They build strong, trusting relationships with residents and their families, making sure everyone feels safe, respected, and cared for.

That's why these awards matter. They remind our staff that their efforts don't go unnoticed, helping to lift morale and create a positive, supportive workplace. Most importantly, recognising our staff helps us continue to provide the best possible care for our residents.

Thank you to all our incredible team members – we appreciate everything you do!



Ainslie Fashion Store

Recreational officers organize shopping trips to jewellery stores for residents who can't leave the facility to enhance their quality of life and provide opportunities for engagement and

personal expression. Many residents find immense joy and comfort in personal adornment, and the inability to access such services can lead to feelings of isolation and limitation. By facilitating these shopping excursions, recreational officers are not only addressing a practical need but also fostering a sense of independence, self-esteem, and connection to the wider community. This initiative promotes mental and emotional well-being, enriching the lives of residents and contributing to a more vibrant and fulfilling living experience within the care facility.



June's Token Stall

Our recreational officer, June, organised a fun token stall, which was a big hit! (June organises these token stalls about every three months). It gave the residents a chance to chat and socialise whilst choosing items, making them feel important and in control. The token stall was also mentally stimulating, encouraging decision – making. The community's generous donations of goods showed everyone how much they care, strengthening our sense of community here at Terrey Hills Nursing Home.



Ainslie Collection Wholesale Accessory Sale!!!

On Monday, February 2nd
10:30am-2:00 pm
In the Coffee Shop

- Freshwater Pearls
- Earrings
- Bracelets
- Crystal jewellery
- Linen, cotton and silk scarves
- Stationery
- And many, many more items!!!

Prices range from \$8-\$59.
Pay by cash, credit card or EFTPOS.
Staff, residents, and relative's welcome!
All items are heavily discounted.

Visit From Rural Fire Service at Christmas

Christmas Eve at Terrey Hills Nursing Home was filled with excitement as we announced a very special visitor—Santa and the Terrey Hills Bush Fire Brigade!

A bright red fire truck rounded the corner, bringing smiles and cheers from residents. Sitting proudly on top was Santa himself, the air was filled with laughter and Christmas carols as everyone enjoyed the festive moment. It was a wonderful way to spread holiday cheer, bringing joy, laughter, and a little Christmas magic to our home.



Residents Christmas Party

Christmas is a special time at Terrey Hills Nursing Home, bringing everyone together for a joyful and festive celebration. For many residents, especially those who may not be able to spend the holidays with family, our Christmas party is a chance to feel connected, share memories, and create new happy moments.

With bright decorations, cheerful music, and great company, the atmosphere is filled with warmth and laughter. A highlight of the day is the delicious Christmas meal, lovingly prepared by our chef, Tui, and her team. The familiar smells and flavours bring back fond memories of home and holiday traditions.

And, of course, no Christmas party is complete without a visit from Santa! His arrival adds a touch of magic, reminding everyone of the joy and wonder of the season.

This special celebration is all about bringing happiness, companionship, and festive cheer to our residents, making Christmas a truly memorable time for all.





Visits from different Schools at Christmas for choirs

Visits from school children always bring smiles and brighten the day for our residents. Their energy, laughter, and enthusiasm create a wonderful sense of connection, reminding everyone of the joy of different generations coming together. This Christmas, we were lucky to have students from Northern Beaches Christian School and the German School visit and entertain our residents. Their performances were filled with festive cheer, making the holiday season even more special for everyone. These visits are always a heartwarming experience, bringing happiness to both the children and our residents. We look forward to welcoming them again!



Christmas Presents from Tree of Joy

The residents of Terrey Hills Nursing Home extend their heartfelt gratitude to the Rotary Club for the generous Christmas gifts. Your thoughtful contribution brought immense joy and brightened the holiday season for our residents, many of whom greatly appreciated the kindness and generosity shown. The presents were a wonderful surprise and a testament to the Rotary Club's commitment to supporting our community. Thank you again for your generosity and for making this Christmas extra special for our residents.



Regular Activities

Regular lifestyle activities are crucial for maintaining both the physical and mental well-being of our Nursing Home residents. Daily engagement in activities tailored to individual abilities helps prevent muscle atrophy, improves mobility, and stimulates circulation. This physical stimulation reduces the risk of falls, improves sleep quality, and contributes to overall physical health. Furthermore, activities promote a sense of purpose and accomplishment, combating feelings of isolation and depression often associated with a sedentary lifestyle. Beyond the physical benefits, regular activities provide vital cognitive stimulation. Engaging in puzzles, games, art projects, or social interactions keeps minds sharp, improving memory, concentration, and problem-solving skills. These activities also encourage social interaction, reducing feelings of loneliness and fostering a sense of community among residents. By incorporating a variety of stimulating activities into their daily routines, our Nursing Home can significantly enhance the

quality of life for our residents, promoting both physical and mental health.

Due to space constraints, we are sorry not to include all the photos of resident activities.





THOMPSON
HEALTH CARE

AUTUMN 2025 NEWSLETTER

Terrey Hills House





THOMPSON
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AUTUMN 2025 NEWSLETTER

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Save the dates

February

- 28 – Concert with Grant & Birthday of Month

March

- 14 – Concert with Penny Howell
- 17 – St Patrick's Day
- 21 – Concert with Hugh
- 28 – Concert with Luke Vargas

April

- 4 - Concert with Racquel
- 11 – Concert with Ross Hamilton
- 25 – Anzac Day

We extend our sincere gratitude to all resident families for your ongoing support and understanding. We know that circumstances can sometimes prevent visits, and we want to assure you that we're happy to facilitate alternative ways for you to connect with your loved ones. If

you're unable to visit in person, please feel free to send flowers or we can arrange a FaceTime call so you can still share special moments with your family member. Your continued support is invaluable to us and contributes greatly to the well-being of our residents.



Anne Politano

PCW – Social Support Coordinator

June, Theresa, Anna, Katalee, Kate, Ning Ning, Fernando & Katie

PCW – Social Support

thank you