

Greetings from the DON

Spring has finally arrived and with the recent glorious sunny weather, the Wahroonga House community has certainly been capitalising on the opportunity to get out and about after the cooler Winter months. Throughout June, July and August our staff have been busy planning many events and activities for our residents. I hope you enjoy reading and seeing some photos which capture some special moments and memories in this newsletter.

Activity Highlights

Story Circle

In June residents were entertained by our resident Norm, who told of his adventures of sailing his own boat around the Mediterranean for 2 years at the spritely age of 78 yrs old. There were colourful tales of his encounters with pirates, corrupt port police, storms and the amazing sights as he sailed the high seas. Following his talk, residents sat back and listened to classical Italian music whilst watching a video of sailing on gondolas through the canals of Venice. In July our husband and wife team Christine and Norman gave a wonderful insight of their experience of being a passenger on the famous Concorde. Keeping with the travel theme, in August resident Stefan and volunteer Anton gave presentations on their travels including working in Singapore for many years.



Resident Norm who presented Story Circle activity in June

Cooking Demonstration

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. Freshly made mini lemon cheesecakes and Berry ice cream slice were an absolute hit with the residents. These classes also provide a multi-sensory experience of sight, sound, smell and taste for the residents. In July the cooking demonstration class made fresh sushi which complimented the month's Armchair travel activity to Japan.



Staff member Pree, making Sushi in the Cooking Class

Interfaculty Carpet Bowls Competition

On the 14th August, Wahroonga House hosted the inaugural Interfaculty Carpet Bowls competition against Dural House Aged Care. Our residents have been diligently practising for months prior to the big competition day to ensure they brought home the winning cup, which they did! The visiting Dural House residents were warmly welcomed on the day, provided lunch and afternoon tea along with some fun and competitive games of carpet bowls.



Interfaculty Carpet Bowls competition



Our cheer squad - Interfaculty carpet bowls

What's new?

I wish to take this opportunity to mention just some of the exciting new initiatives to be implemented over the coming months. These include; new café attendees to manage and serve in our café, more variety of café food including finger sandwiches, new carpet throughout Wahroonga House, trials for new seating furniture for the cinema and outdoor spaces and specialised external training for our Chef.

Celebrations

On the 7th August a special Morning Tea was arranged for both staff and residents to celebrate Aged Care Employee Day. The Deputy Director of Nursing, Miah gave a heartfelt thank you speech on behalf of the Wahroonga House management team.



Staff and Residents enjoying the "Thank you Morning Tea for the Aged Care staff Employee Day"

Birthdays

Once again we have had a flurry of birthday celebrations at Wahroonga House during the months of June to August 2024. Of special note is the celebration held for Myrtle and Kamala who both had their 101st birthday in July. Also, our much loved Gwen celebrated her 100th birthday on 22nd August. Family, staff and residents gathered in the café to sing Happy Birthday, cut a very large chocolate birthday cake and presented the residents with cards, balloons and banners to mark these very special occasions.

Residents who celebrated their "90 something" birthdays included Barbara, Valerie, Jean, Nan, Audrey, Anne, Margaret, Janet, Joan, Louis, Judith, Shirley, Morelle, Dorothy, Gwen and Dulcie to name just a few.



Celebrating Myrtle's 101st Birthday celebration



Resident Gwen's 100th Birthday celebration

Resident's contribution

The Resident Committee has continued to meet on the last Monday of every month. The purpose of the committee is to help plan activities that any resident can join and shape the community to make it feel more like a home. 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 feedback regarding the new trial seating for the cinema, better procedures raised for dining, cleaning and laundry and suggestions for new activities including a bus outing to the NSW Art Gallery.

Special Moments

Pet Therapy and pooch visits by family and friends to Wahroonga House provide wonderful moments of happiness for our residents and we just love having them. However please ensure that any pets visiting must always be on lead as off leash pets pose both a serious trip hazard and can cause serious injury.



Resident enjoying the company of a much loved pooch

Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming spring months. The main event for September is Father's Day on Sunday, 1st September 2024. In November, we will hold a service for Remembrance Day and the wonderful Mirrabooka Singers have been booked for a concert on the 24th November 2024.

The regular monthly Resident and Relatives meeting is held on the last Friday of the month at 11 am in the cinema.

Finally, the Resident Monthly Welcome Morning Tea is held on the 3rd Thursday of each month.