

### Greetings from the DON



I would like to extend a warm welcome to our new staff members, residents and their families.

As resident numbers grow, we continue to onboard new staff, including our new Deputy Director of Nursing, Sangita Paudel Upadhayay.

Sangita does not replace either existing DDON's Tony Nghiem and Febina Johnson but will work with them in the role. I welcome Sangita to the team.

Community transmission of Covid-19 rose over the Winter period and Hillview House was in Covid-19 outbreak situation after a number of residents tested positive in June. A massive thank you to our whole team for successfully managing the outbreak.

As we come into Spring, I ask that everyone continues to be mindful of infection control protocol and if you are feeling unwell and/or have flu-like symptoms that you do not enter the Home until you are feeling well and show no symptoms – please call Reception to report. When visiting the Home, prior to entry, please complete a RAT test. These are provided with infection control instructions at entry points to the building.

Please be mindful of cough and sneeze etiquette and cleanse hands using the wash basins or hand sanitiser available throughout the Home.

Please adhere to the mask use guidelines. We have plenty of stock and have these placed conveniently at entry, in common spaces and the nurse's stations.

My team and I continue to work with you to ensure that our facility is a safe, supportive and caring environment for our residents.

If you have any questions, concerns, or feedback please do not hesitate to reach out to me or any member of our team.

Jennifer Bennett  
Director of Nursing.

### Get to know our new Deputy Director of Nursing

*Sangita Paudel Upadhayay*



Namaste – this is a greeting in the Nepali Language. My name is Sangita and I am from Kathmandu, the capital city of Nepal.

I am a Registered Nurse with experience working in various roles in both Hospitals and Residential Aged Care.

I moved to Australia with my husband in 2008 and started working as a Nanny, at that time not considering nursing as a career. I worked as a Nanny for a year and my husband encouraged me to study nursing. Enrolling in the Cert III in Aged Care I found the first week of work placement challenging. Each day I said to myself 'I don't want to do this' and thought about leaving. However, I remained committed to my studies and started to get to know the residents and their routines. After seeing the smiles as I helped care for the residents and getting positive feedback, I remained motivated to pursue my career in nursing. I could see that the residents appreciated what I did to comfort and help them. I enjoy working with vulnerable people and reassuring them that they are truly valued.

I feel privileged to care for our residents and look forward to being a part of the Hillview House team.

### Activity Highlights

In June, in line with our Covid management plan and in conjunction with our local Public Health Unit we made the decision to postpone bus outings and large





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# SPRING 2024 NEWSLETTER

## Hillview House

group activities, including the Resident & Relative's Meeting and performances from visiting entertainers. The RAO team endeavoured to continue appropriate small group activities, and one to one activities / room visits with the residents.

### *Hillview House Birthday Concert*

We were able to return to scheduled activities by the end of June, just in time for the fabulous Elvis Concert to celebrate Hillview House 2<sup>nd</sup> Birthday on June 30.





### *Christmas in July Activities*

The Christmas lights were aglow, and the sound of jingle bells were in the air at Hillview House as a number of our end of month activities featured a 'Christmas in July' theme: Christmas Sing-along & Reminiscing; Cooking - White Christmas; and a Festive High Tea.



### *Movement & Music: Olympic Games theme*

In August, while our Olympic athletes competed for Gold in Paris, we were having some Olympics themed fun at morning exercises and indoor games. Recreational Activities Officer's and OT led warm up exercises followed by games such as Pool Noodle Javelin, Balloon Volleyball and Olympic Bean Bag Toss.



### *Music Bingo with Danial*

Featuring music from the fabulous 1950's, Bingo took on a whole new sound as we swapped the numbers for songs. Thank you to special guest caller and singer Danial for an afternoon of fun and musical reminiscing.





### *Men's Bus Trip to Umina Beach Men's Shed*

A big thank you the lads of Umina Beach Men's Shed for inviting residents to tour their new Men's Shed facility in Osborne Avenue. Residents joined the lads for a coffee and chat at the 'table of knowledge' in the tearoom when 'smoko' was called at 10:00am. The tour featured stories about the move into the new shed, a history of the Men's Shed, and some interesting facts about the tools and equipment. Hillview House residents look forward to being regular guest visitors to the Men's Shed - with one resident enquiring about becoming a member.



### Special Moments



Tom and Reg enjoyed the bus outing to Ettalong Foreshore.

### *'Getting to Know You' event celebrating the Nepalese Teej Festival*

Hillview House staff and residents were invited to a special 'Getting to Know You' event celebrating Teej – the fasting festival of women in Nepal. With many of the staff dressing in beautiful Nepalese cultural dress it was a colourful afternoon sharing food, dance, laughter and stories.



### Paws for a Special Moment...

Gwen gives Frank, the dachshund a cuddle during one of his visits to Hillview House.





### Shall we dance...



We were Movin' and a Groovin' in August with a visit from the *Keep on Rockin Dance Studio*. Thank you to Head Principle dance teacher, Rina, and the dancers for a fun and energetic demonstration of dance styles, including line dancing, rock & roll and cha-cha dancing. Rina also taught the residents a fun dance they could easily do while sitting in their chairs and this brought smiles and laughter as so many participated.

### Absolutely Bloomin' Marvellous...

Thank you to Woolworths Umina Beach for their very kind donation of flowers. Ina and Jan (pictured below) had a marvellous time flower arranging.



As we approached the end of Winter residents enjoyed a Coffee Club morning of Reminiscing and Balcony Gardening.



### Upcoming events

- September 1: Father's Day
- September 6: *The Gals* Tap Dancing Show
- September 10: Council Election Voting
- September 12: R U OK? Day Afternoon Tea
- October 9: Ainslie Collection Pop-up Shop
- October 9: Drumbala
- October 11: Happy Hour – Oktoberfest theme
- November 5: Melbourne Cup
- November 11: Remembrance Day



### Notices

- Resident & Relative Meetings are held the first Wednesday of the month in the theatre room on Level 2 at 1:30pm. If for any reason meeting times change, relative's will be notified by email and notices posted on each level of the facility.
- Labelling of residents clothing: Please leave clothes and personal items at reception during normal office hours (9am-5pm). Items will be labelled and returned to the residents' room by the next day.
- Church Services: Please see the monthly/weekly activities calendars for days/times of services. Catholic Holy Communion visits are made on Wednesday mornings – thank you to the volunteers for providing this service.

We thank local ministers  
Rev. David Gilchrist (Ettalong Baptist Church),  
Rev. Jacqui Smith (Peninsula Anglican Parish) and  
Father Timothy (St John the Baptist Catholic Church)  
for visiting Hillview House and leading services for  
our residents.



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