

Greetings from the Director of Nursing (DON) at Oran Park House!

A warm welcome from Oran Park House! We are delighted to welcome all our new residents, families, and staff members who have recently joined our community. We sincerely thank you for entrusting us with the care of yourself or your loved ones. Our team is dedicated to providing the highest level of care and support.

Open-Door Policy

We maintain an open-door policy and encourage you to reach out to us with any concerns or if you simply wish to have a chat. You can complete the feedback or suggestion form, available at the reception, Banksia Activity Room, or Level 2 Nursing Station. Additionally, you can email the form to the Director of Nursing (DON) at don_oranpark@thc.net.au or use our feedback scanner code with your mobile device to log any complaints, feedback, suggestions, or compliments.

Acute Respiratory Precautions

As the risk of viral acute respiratory infection remains moderate within the community, we kindly request all families and staff to take the necessary precautions and adhere to the OPH visit guidelines. This is to minimize the risk of exposure to our residents and ensure their safety and well-being.

Summer Precautions

With summer approaching and the potential for heatwaves, we ask families to ensure that residents are dressed in light, breathable clothing. We also encourage you to bring hats and sunglasses for outings and activities. While we provide sunscreen at OPH, if your loved one prefers a specific brand, please feel free to bring it along for their use.

Laundry Reminder

We have noticed an increase in unlabelled clothing in our laundry. To assist us in locating any missing items, we kindly request that families inform staff if any clothes are missing. Our team will assist in finding and returning lost items.

Request to Check Your Email

The Director of Nursing continues to send important OPH updates via email. We kindly ask that you regularly check your inbox for any home updates.

Christmas Planning

With Christmas approaching, if you are planning to take your loved one out for a social outing or a night out, please let our team know as early as possible. This will help us plan appropriately for outings and ensure the necessary leave support. You can also email us to inform us about any planned day or night outings during Christmas time. Given that the risk of infection is higher in December, we highly advise being vigilant and continuing to take precautions for everyone's safety.

Gratitude and Appreciation

We would like to take this opportunity to extend our sincere appreciation and gratitude to all our residents, families, and staff for your ongoing support and commitment to our community at Oran Park House.

Thank you once again for your trust and cooperation. We are here to support you and your loved ones every step of the way!

Kindest regards

Sumi

Director of Nursing/ OPH

don_oranparkhouse@thc.net.au



Activity Highlights

Bus Trip

Our bus trips were delayed but have now resumed with residents enjoying scenic drives and some places of interest have been to Mount Annan Botanical Gardens, Harrington Park Lake, shopping trip outings and scenic drives to view the new Sydney Airport. As the warmer weather continues, we will be doing picnic in the park trips within our area.



Father's Day Celebrations

On Father's Day, staff fully decorated the café and held a gentleman only function. They enjoyed savoury delights, fruit platters and cupcakes along with their beer wine and other beverages. We held a special Father's Day concert in the Café. The men bonded spending the afternoon together celebrating.



Halloween

There was a party atmosphere for Halloween staff dressed up and some residents joined in to dress up. They sang and danced to the Halloween film clips and some old-time classics. We tested their knowledge with Halloween quizzes.





Melbourne Cup Day

Residents enjoyed a fun afternoon of festivities they had delicious canapes served along with their beverages and endless reminiscing together of past Melbourne cups. They smashed the Melbourne Cup quizzes. There were many compliments of what a great afternoon they had watching the race that stops a nation. There were prizes and certificates for places and the best dressed lady and gentleman.

Octoberfest Happy Hour

Resident attended the happy hour celebrating Oktoberfest with German music playing along with Oktoberfest trivia fun facts and a German quiz. Residents enjoyed delightful treats of German sausage on a cracker, German biscuits and a German pie served with German beer. Residents commented what a wonderful time they had together.





RU OK Day

R U OK Day was held in September it was a reminder to everyone to check on their fellow workers and friends. We shared cupcakes with all staff encouraging all of us to notice the signs of mental health struggle in friends, family, and colleagues, and start meaningful conversations that offer support and care to those in need.



Remembrance Day

Resident gathered for a touching Remembrance Day service, surrounded by beautiful poppies and poster decorations. In honouring Remembrance Day, the community found comfort and strength in coming together as one.



Dussehra/Diwali Festival

Staff celebrated Dussehra/Diwali, also known as Vijayadashami, is a Hindu festival celebrated in Nepal and India to mark the victory of good over evil. Staff celebrated this Festival which symbolises the spiritual victory of light over darkness and good over evil and knowledge over ignorance. Staff build conversation with residents about the culture and significance of this festival. Residents enjoyed watching colourful dresses worn by the staff and learning about different culture. One of the residents who follows Hindu culture had his room decorated with Diwali decorations.





Kitchen tour

We continued kitchen tour session with interested residents. Residents found it to be very interesting to see how hard the chef and staff worked behind the scenes with the huge amount of food preparations needed to satisfy the residents nutritional food requirements.

Country of the month

This Spring for country of the month we had - Philippines, Germany and Nepal. Every month we had the country of the month luncheon for our residents in a well decorated dining room with flags, landmarks and pictures of the country to reflect the culture and heritage of each country.



BBQ day

At OPH we had a special BBQ lunch for our residents organised on 2 separate days to accommodate different wings of residents. Everyone had a wonderful day in the sun enjoying social time with others with cool refreshments.



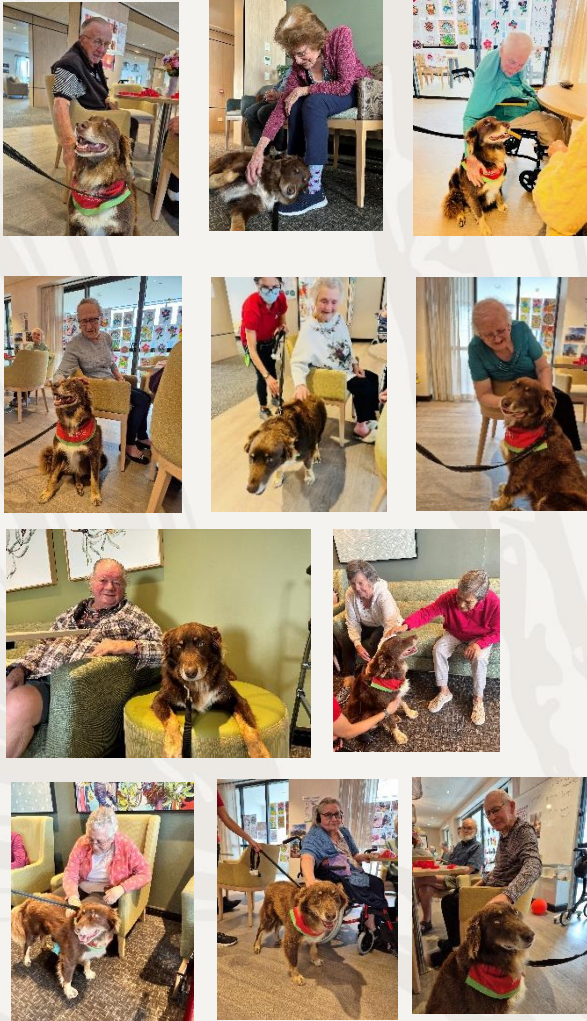
Gardening projects

Residents actively participated in Gardening projects with Oran Park High School students.



PET THERAPY

We have Delta Dogs pet therapy regularly visiting. He is such a beautiful dog, a placid puppy giving comfort to our residents benefiting their wellbeing. Huge thank you to Angela, his trainer.



Upcoming events:

- December 6th (Level 1 and level 3) and December 13th (Level 2)- Resident Christmas Party (Request to all visitors to reconsider visit this day as resident will be having fun Christmas party at OPH)
- December 25th – Christmas Day
- December 31st - New Years Eve
- January 1st - New Year's Day
- January 26th Australia Day
- February 14th - Valentine's Day