

We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.

Greetings from DON,

Dear OPH Residents, Families, and Staff,

Gentle reminder, the DON of Oran Park Sumi is on Maternity Leave until late June 26. We wish her all the best with her new family, and we are very excited to one day meet her beautiful daughter.

I will be holding the “Fort” until Suni returns in June. I look forward to meeting all our residents and families at OPH, so please introduce yourself if you run into me while I’m walking around the facility or pop into the DONs office if you have time.

Autumn is here, finally it is a time to see trees changing its colour and enjoy the nature around us.

I would like to extend a warm welcome to all our new residents, families and staff who have joined OPH in last several months.

Please feel free to provide your feedback or suggestions via phone, email, feedback forms located in reception and nurses stations, through the QR code located on signage or in person.

We appreciate your suggestions for improvement, and complements are valued buy staff.

There have been some fabulous activities and outings over the last few months organised by our wonderful Recreation Team. I hope you enjoy the great photos of our beautiful residents as much as I have. There are many more resident photos on display in the activity rooms on each floor, so wander past and enjoy.

We will continue to send regular updates from Oran Park House, so please check your inbox to ensure our correspondence is not missed.

We thank you for your ongoing support and value your partnership in care for the residents at Oran Park House.

Regards,

Collette Beaufils

Acting Director of Nursing/ OPH

don_oranparkhouse@thc.net.au

Activity Highlights

Bus Trips

Residents have been thoroughly enjoying their Oran Park bus outings. They have been embracing a wonderful variety of experiences that bring both joy and connection to the community. From scenic drives through the local community to relaxing moments spent exploring familiar surroundings, each trip offers something special.

Residents have also enjoyed delightful picnic outings at local parks, where they can unwind in the fresh air, take in the greenery, and share meaningful conversations over delicious food. These peaceful settings provide the perfect opportunity to relax and connect with one another.

Adding to the excitement, residents have had the chance to enjoy casual fast-food lunches, giving them the freedom to indulge in familiar favourites while out and about, including visits to places like KFC.

Residents have also appreciated the scenic beach trips, including visits to Austinmer Beach, where the ocean views and fresh coastal air create a relaxing and enjoyable experience for everyone.

These outings continue to offer more than just a change of scenery - they foster social connection, encourage new friendships, and enhance residents’ overall wellbeing through shared experiences and enjoyment.



Picnic outings are a breath of fresh air, bringing together good food, great company, and relaxed moments under the sun, where residents can enjoy nature, share laughter, and create happy memories together.



A park visit provides a peaceful and refreshing escape, where residents can enjoy the lush greenery, breathe in the fresh air, and relax together while sharing conversation and simple pleasures.



A KFC treat adds a fun and flavourful twist to the day, giving residents the chance to enjoy familiar favourites, share laughs over a delicious meal, and turn a simple outing into a warm and memorable experience together.



A beach outing offers a refreshing change of scenery, where residents can enjoy the soothing sound of the waves, feel the ocean breeze, and relax together while taking in the beautiful coastal views.

Australia Day Celebrations

Residents gathered to celebrate the wonderful country we are lucky enough to call home, embracing all things Australian and sharing in the spirit of togetherness. The day was filled with fun as residents dressed up, decorated the space, and enjoyed a lively Happy Hour featuring Australian-themed bingo, complete with exciting prizes for the winners.

Throughout the month of January, residents also took part in Australia Day trivia, quizzes, word searches, and creative artwork activities. These sessions sparked plenty of laughter, meaningful conversations, and moments of reminiscing.

It was a joyful celebration filled with pride, connection, and plenty of true-blue Aussie spirit.



We Love Our Arts and Crafts

Creativity is always in full swing as residents dive into fun and colourful arts and crafts activities. With exciting themes like Christmas, Australia Day, and Valentine's Day, each session brings something new to enjoy and celebrate.

From painting and decorating to creating unique keepsakes, residents love expressing themselves while sharing laughs and great conversation. These joyful moments spark imagination, brighten the day, and bring everyone together in a fun and uplifting way.



everyone to participate at their own pace while feeling supported and included.

We also host regular garden visits, where interested residents come together to enjoy fresh air, sunshine, and our welcoming Café Socials. Surrounded by nature, these moments offer a peaceful setting to relax, unwind, and enjoy meaningful connections with others.

Together, these experiences create a balanced and uplifting environment where residents can feel engaged, refreshed, and inspired every day.



Keeping our Minds Active with relaxation

Residents continue to enjoy a vibrant mix of activities designed to keep the mind active while encouraging relaxation and enjoyment. From word searches and whiteboard word games to quizzes, trivia, board games, flower arranging, and bingo, there is always something engaging to take part in, offering both fun and gentle mental stimulation.

These activities not only challenge the mind but also create opportunities for laughter, conversation, and friendly competition, helping residents stay connected and confident. Each session is filled with positive energy, encouraging



Valentines Day Celebration

Residents enjoyed a simple and heartfelt Valentine's Day, embracing the spirit of love, kindness, and friendship in a relaxed setting. The day was marked with themed activities, light decorations, and meaningful moments shared together.

There were opportunities for residents to connect, share conversations, and enjoy each other's company, creating a warm and welcoming atmosphere.

It was a gentle and enjoyable celebration, reminding everyone that even the smallest moments of connection can make the day feel special.

Cooking Club

Residents enjoyed a fun and interactive Cooking Club session as part of our monthly Country of the Month celebration. Everyone had the opportunity to get involved, from preparing ingredients to creating their own personalised dishes.

The session was filled with wonderful aromas, creativity, and plenty of laughter as residents shared the experience together. It was a great way to explore different cultures while enjoying a delicious homemade treat.

A fantastic combination of food, friendship, and hands-on fun!





Barbeque Day

Residents enjoyed a relaxed and cheerful barbeque lunch set in the garden, surrounded by fresh air and warm sunshine. The outdoor setting created a welcoming and vibrant atmosphere, perfect for gathering and making the most of the day.

A variety of barbeque favourites were enjoyed by all, with residents sharing stories, laughter, and great conversation as they dined together. The sounds of nature and the gentle breeze added to the calm and enjoyable experience.

This special outdoor lunch provided a lovely opportunity for residents to connect, unwind, and enjoy a change of scenery, making it a memorable and uplifting day for everyone.



Upcoming events:

- **March 6th – International Women’s Day**
Celebrating the amazing women in our lives with joy and gratitude
- **March 17th – St Patrick’s Day**
Get ready for a fun-filled day of green, laughter, and lucky moments
- **March 17th – Country of the Month Lunch Special: Ireland**
Savour the flavours of Ireland with a delicious, themed lunch
- **March 21st – Harmony Day**
Embracing diversity, friendship, and togetherness in a colourful celebration
- **April 3rd – Good Friday**
A peaceful day of reflection and quiet moments to enjoy
- **April 5th – Easter Sunday**
Hop into joy with festive treats, fun, and celebration
- **April 25th – Anzac Day**
Honouring courage, sacrifice, and the spirit of remembrance
- **May 6th – International Nurse’s Day**
Celebrating the heart and dedication of our amazing nurses
- **May 10th – Mother’s Day**
Cherishing mums and mother-figures with love, laughter, and special moments