

FEBRUARY– MARCH 2023

The Sunnymeade Sentinel

Sunnymeade Park Aged Care Community



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WE'RE ALL IN THIS TOGETHER.

Sunnymeade acknowledges and pays respects to the past, present and future Traditional Custodians, the Gubbi Gubbi people and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait peoples.



SUNNYMEADE 2022 CHRISTMAS PARTIES



RESIDENT CHRISTMAS PARTIES 2022





Behind the Scenes

Happy New Year to all the residents and families from the everyone at Sunnymeade. The Christmas parties were a great success with many residents and families enjoying music, dancing, Christmas Carols and gifts given out by Santas little helpers. The residents brought in the New Year with a festive Happy Hour with music, dancing, drinks and lots of laughs. This year we fervently hope our residents have a return to times of a full activity program without closures. We plan to celebrate our regular theme days as well as some different celebratory days and fund raisers. Coming up this month will be Australia Day with a Aussie BBQ plus quizzes, Aussie music, thong throwing and that Aussie classic Pavlova. In February residents will receive a little Valentines gift and we will be cooking up a platter of pikelets for Shrove Tuesday for the beginning of Lent.



A big thank you goes out to our volunteers Alison and Bev who provide so much help and companionship to our residents. We are always looking for volunteers who may be able to come in Monday to Friday between 9am and 3pm and be a part of a happy active lifestyle team and help our residents participate in activities. All volunteers require getting an NDIS yellow card and we will provide all other training and development. We wish everyone a safe and happy start to the New Year. Tony Griffiths Lifestyle Coordinator

Vale



Our sincerest condolences to the family and friends of John Underwood, Sylvia Gibbs, Margaret Parkes, Margaret Albury and Juanita Winterford on their recent passing. They will all be missed dearly.

Residents meeting dates for February– March

Lakeview Wing : February Wednesday 8th – 10am
March Wednesday 8th - 10am

Keith Wing : February Tuesday 7th —10am
March Tuesday 7th – 10am

**RESIDENT FAMILIES AND REPRESENTATIVES ARE
ENCOURAGED TO ATTEND RESIDENTS MEETINGS.**

SUNNYMEADE PARK VOLUNTEER PROGRAM

FUN AND FRIENDSHIPS

Sunnymeade Park is looking for volunteers to be a part of the lifestyle team to help bring meaningful friendships and diversity to the resident's activity programs. As a Sunnymeade Park volunteer, you will be part of our team who work at making a difference in the quality of life for people in our Aged Care Community. The Lifestyle Team run a diverse program of activities including bingo, bowls, craft, bus trips, happy hours, concerts, singalongs, exercise programs, gardening, individual activities and cooking to name some. Your decision to volunteer at Sunnymeade Park Aged Care Community will help to achieve our vision and play a vital role in helping us improve the lives of our residents.

As a Sunnymeade Park volunteer you can expect:

- a role that is in the area of your interests as well as being safe and rewarding,
- decisions that are made transparently, fairly and applied consistently,
- relationships based on teamwork, respect and honesty,
- zero tolerance for discrimination, harassment, and bullying or intimidating behavior.

Sunnymeade will provide training, education and guidance for volunteers in assisting the residents achieve goals through enhancing holistic lifestyle programs within a supported and team orientated environment.



Some of our residents and staff having fun.

If you or anyone you know is interested or would like further information please contact Tony Griffiths, Lifestyle Coordinator at Sunnymeade Park on 54954233 Extension 114.