



WELCOME

It was indeed a pleasure to have Her Excellency, Marie Bashir Governor of NSW officially open Lansdowne Gardens. We were especially impressed by the Governor's address and her vision for aged care in Australia. We thanked The Governor with a gift of flowers, presented by Margot Speyer, one of our residents, pictured.

In early November we celebrated Nepalese day where our Nepalese staff, dressed in national costume, entertained with their national dances, and gave a very informative overview on life in various regions of Nepal. We enjoyed some typically Nepalese food for lunch prepared for us (Greg our chef is now a competent master of Nepalese food!). Thank you to family and friends for attending, and making it the successful day that it was.

Most suites have now been filled at Lansdowne Gardens and the opening of Lansdowne on Wycombe has been very timely, with much interest. At present 12 suites are occupied, capacity at Wycombe being 25 suites.

A visit from the accreditation agency last week held at Lansdowne on Wycombe was very successful, with 44 standards being met on opening. Our food audit conducted by the NSW Food Authority at Lansdowne on Mann's this month produced an A rating.

Thank you to those who have completed our Resident & Family survey, we have had a very big response. This is a great way for us to determine how we can work with you to continually improve our care and services. A reminder to any friends and family coming to and from each facility to please ensure the entrance gates are left locked and each person leaving the facility operates the key pad. Wishing you a Merry Christmas and Happy New Year.

Alison Hogan
Director of Care Services

WHAT'S HAPPENING?

Most of our residents attended Remembrance Day commemorations and we took this time to not only remember the loss but most importantly to celebrate the lives of those very brave men and women that have and continue to give their lives to ensure a safe and happy future for so many of us. A special thank you to Minister Craig Roberts for conducting the service and his delightful daughter Ruby for putting smiles on the faces of many residents and staff.

With Christmas almost upon us, decorations are now lighting up our reception and main living areas and we are enjoying the lovely fragrance of the beautiful pine tree which is gracing our Piano Lounge.

In early December we completed the renovations to our Dementia Specific area (Camellia) and are currently very busy with new enquiries from families looking for the very best in Dementia care for their loved ones. We are also currently taking enquiries for Respite Care over Christmas.

Warmest wishes for Christmas and the New Year!

Sharon Gray & Sally Rule



Margot Speyer presenting flowers to the Governor at the Official Opening.

LATEST EVENTS



Left to right, Ann with Natasha and Megan at the official opening



Left to right, Elizabeth and Mavis at the official opening



Gloria and John at the official opening



Residents watch the staff perform a traditional Nepalese dance at Nepalese Day

FROM OUR LEISURE & LIFESTYLE TEAM

A lot has been happening this month at Lansdowne Gardens! Residents have been enjoying visiting various locations all over Sydney such as Cabarita Park, Breakfast Point, Meadowbank Park and Centennial Park. We revisited a little history with a trip to the Thomas Walker Convalescent Hospital and the Yaralla Cottages in Concord.

Recently the ladies enjoyed a morning of fashion with garments paraded by Natasha and Ivy. This fashion parade coincided with a special luncheon which

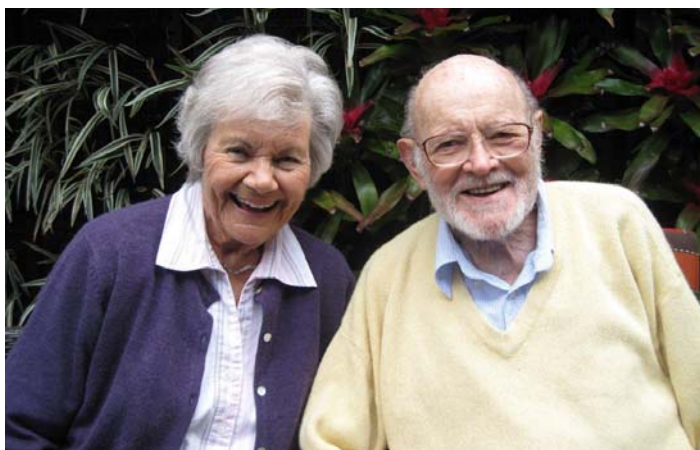
celebrated the “race that stops the nation” the Melbourne Cup. It was a great success and fun was had by all.

Our recent tour of the Queenwood School for Girls was also enjoyed by our residents with a delightful afternoon tea provided by the school. Also let’s not forget the special Remembrance Day Lansdowne held a ceremony in honour of our diggers.

The dementia specific program is running very well with our recent refurbishment of the area. Residents enjoyed extra bus trips which were a lot of fun. Also a new garden has been established with residents enjoying putting it together with Ivy’s help. Merry Christmas! **Natasha & Ivy**

MEET OUR RESIDENTS

Sheila & John Horrocks



John was born in 1926 in the UK and was the youngest of three brothers. Sheila Steuart Mary Nelson was born in England and raised in Chiswick England.

When John and Sheila met they knew they would be married and did so a couple of years later. In 1953 John had served in the Royal Navy and had been stationed in Sydney during World War II and loved it so much that he told Sheila that they would live in Australia and for their honeymoon they migrated to Australia. Sheila and John have four children, Mark, Jeremy, Susan and Timothy between them they have nine grandchildren living in Sydney and Queensland.

John and Sheila found a property with lovely water views in Seaforth and built their only home there. John has always had an interest in the acting and entertainment industry, he has a broad range of personal imitations of singers like Al Jolson and Dean Martin. John has entertained his friends and anyone who will listen for many years. John was a born salesman, he joined the Insurance industry in the early seventies and made his name quite quickly.

John and Sheila loved their holidays and they traveled all over the world, either on cruises or insurance industry conferences. John was always participating in the talent quests looking to be discovered. Sheila usually could be found around the pool with a book in hand as Sheila loved the sun - and still does.

John retired in 1987 with a desire to change the money system, he has spent the last 20 years writing to all the politicians and anyone who would listen to how the world can be saved. Sheila has been involved with the Anglican church for about 20 years now and has taught at local schools on scripture. Sheila and John come to Lansdowne Gardens with a new lease on life.

HOUSEKEEPING

Christmas Lunch

Join us for a festive Christmas lunch with family and friends on Friday 16 December, 12 noon for 12.30pm. At Lansdowne Gardens, 11 Manns Avenue, Neutral Bay. Meet in the Piano Lounge for seating arrangements. RSVP to Reception on 02 9953 0000, one guest per resident please.

Housekeeping

With Christmas around the corner it's important to make sure items of clothing and other gifts aren't misplaced in the Christmas rush. We would hate for Christmas presents to go astray, so please make sure you bring any clothes to reception so we can label them before they go into the wardrobes.

We'd also like to remind everyone that messages left on our voicemail service are answered during business hours, so if your call is outside of business hours, and requires response, please phone back and a Registered Nurse will answer as soon as she is able.

Merry Christmas

and our best wishes to you and your family for a happy and prosperous New Year



HAPPY BIRTHDAY



We wish the following residents a very Happy Birthday

Elizabeth C.	3 Dec	Clare	30 Dec
Elaine	10 Dec	Wendy	5 Jan
Aileen	16 Dec	Mavis	25 Jan
Margaret T.	20 Dec	Megan	31 Jan
Margaret M.	27 Dec		

If you would like to arrange a special catered function in one of our function rooms to celebrate a special occasion please contact Annabel or Kate at Reception.

MEET THE TEAM

Shirley Govender



What do you enjoy about your role?

Working in aged care is very rewarding, and I enjoy looking after and loving my residents. I strive to give the residents the best of care and make them happy. I also enjoy a happy atmosphere, where everyone is supportive and caring.

I just love my job.

What is your background?

I was born in South Africa, of Indian origin. I studied nursing, and moved to Australia when I was 30, I have been 35 years in this profession. I am also qualified in Fashion Design, and taught at a well known fashion school for 10 years. I have a wonderful son, who is 34 years old.

What do you do in your spare time?

In my spare time, I play social competition netball. I used to play on a professional level, but as I got older, this turned into more of a social endeavor. I also teach Ceroc dancing – a Latin American style of dancing which is best described as a mixture of salsa and jive.

I love to travel, and have been to all over America, Canada, the Philippines and Bali.

Shirley is pictured above receiving an Achievement Award at the Lansdowne Gardens official opening.

QUIZ CORNER

1. What colour are the berries of the mistletoe plant?
2. Who wrote How the Grinch Stole Christmas?
3. How many points does a snowflake have?
4. What is the name of the cake traditionally eaten in Italy at Christmas?
5. Name the original eight reindeer from the 'Twas the night Before Christmas' poem?
6. Who wrote Auld Lange Syne?
7. The song White Christmas was first performed in which 1942 film?
8. In the song The Twelve Days of Christmas, '...my true love brought to me nine...' what?
9. Which country did St Nicholas come from?
10. From which country does the poinsettia plant originate?

Answers: 1 – White, 2 – Dr Seuss, 3 – Six, 4 – Panettone, 5 – Comet, Cupid, Dasher, Dancer, Prancer, Vixen, Donner, Blitzen, 6 – Robert Burns, 7 – Holiday Inn, 8 – Ladies dancing, 9 – Turkey, 10 – Mexico

FOR THE DIARY



16 Dec	Christmas Lunch 12 noon
25 Dec	Christmas Day
26 Dec	Boxing Day
31 Dec	New Years Eve
1 Jan	New Years Day
26 Jan	Australia Day