

## Covid-19

If you have any flu like symptoms please stay away until all symptoms have passed.

Please inform us if any of your symptoms change.

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*Happy Fathers Day*  
*6th September*





Welcome to the most beautiful time of the year Spring. During our morning walk just have a look at all the blossom's on the trees just beautiful. All the way down the street. There is no other season that has the affect, much like a burst of energy, on the world at large more so than Spring. Whether one lives in the North or the South, it is thanks to this season for the renewal of life that it brings. Birds, children and adults have a new pep to their step, and once again start to sing. The foliage awakens and blossoms, giving way to a wondrous new playground, all thanks to the welcomed arrival of our Spring.



Exciting news this month we have two bus outings on the 9th & the 23rd of September. One outing is a mystery, to follow the clues & find our destination. Prizes to be won. Second bus outing to Ladysmith shop for a sweet or two & to take in the beautiful views of the area.

Computer lessons every Monday & Tuesday morning 00.30am to 11.00am in the Chapel. Please let me know if you are interested in the lessons.

Cooking a hot morning tea on Opal wing every Monday after the walk, if you would like to assist cooking the morning tea please let me know. There is always something different to make or maybe your own recipes to cook up for the morning tea. Come along, all welcome.

Every year many shoe box's are turned into gifts for children in need around the world. "Christmas shoes box's". We will be packing the shoe box's 16th September 10.30 am Opal Wing.

They will be picked up early October, we will be able to track our box's on the internet.

Garden & Flower festivals this would be interesting to watch on the big screen during Spring & compare each garden display & the array of colour & beauty.

Spring signals the beginning of various flower festivals in various cities and towns of states and territories, such as Floriade Flower Festival (Canberra), Kings Park Festival (Perth), Toowoomba Carnival of Flowers (Queensland), Tessellar Tulip Festival (Victoria).





## Occupational Therapy

### Hello spring!

We are welcoming the slightly warmer and sunny mornings for our daily walk. We would encourage everybody to come and join us one morning. We would love to see you 9:30 each morning...unless raining.

Spring can sometimes bring hay fever and asthma and we start to think of our breathing...so we are offering a **meditation and breathing** short group just before the “Movie of Your Choice “ **activity in Opal Lounge at 2:25pm.**

This will start on **Monday 7th September** and will be on Monday, Wednesday and Fridays to start with at **2:25pm.** It will only take 5 minutes but may help you breathe easier through the day. Hopefully we will see you there !!



Another small group we will be trialing through September and Spring 🙌 is the “**Spin Class**” ...just like the gym but a lot easier using our foot pedal exercisers

Again , this will be set up in the Opal lounge room and would benefit people who have lower leg swelling. See Teresa or Brianna if you are interested in joining in this short fun group!! We will also be asking people if they are keen to have a go.

### September Exercise of the month

Looking at hands this month ....

Start by sitting in a comfortable but good posture in your chair or on the side of your bed. Your feet should be slightly apart, tucked back and flat on the floor, knees slightly apart as well, straight back ( NOT touching the back of your chair)...then place both hands together as flat as you can like you are saying your prayers, press firmly but NOT causing any pain...your elbows may lift up and you may feel a stretch in your shoulders. Count to 3, then shake out your arms and hands.

Do this “prayer” exercise 4 times a few times a day....remember to shake out your hands



## Did you know?

We welcome any resident and family, to provide a photo and a snippet of their parent's life for this section of our newsletter.

May I remind our family members to kindly advise our office, if you will be going away, especially if you are 1st contact for our residents, thank you.

If you have changed your contact details please let us know at the front office so than we can update your information in our system.

Just a reminder that lunch is \$14 per person for lunch or dinner. Please come in and have a beautiful meal with your loved one, **once all the Covid-19 is over.**

Contact the front office on 6931 0409 so we can let the kitchen know.

When coming into the facility please remember to sign in and out and when you are taking your loved ones out please sign them out and sign them back in.

Have you ever thought about volunteering in our facility? If you have some free time and would like to come please do so we are looking for.

- Bus drivers
- One on one
- Nail painting
- Sewing classes
- Music therapy
- Reading Classes
- Singers
- Pet therapy
- Outdoor walks



# Photos





# Photos



Happy Birthday Margaret & Clare



# Photos





# Word Search



## SPRING



M P N E S T A I H W F D  
B U K Q A P N D R A I N  
I Z D L H E W R E R C B  
R G T X E F R O G M J U  
D N F R B A S P R I N G  
S A G D W Y F J H B O S  
T E L K O B U D S M P C  
N V E S R H G I X A B W  
Y G T D M O L P F Y E I  
S R V A S J K I T E C N  
A O M E L T H B R S W D  
C W U P I D F T M Q A R



BUDS	GREEN	MELT	SPRING
BUGS	GROW	MUD	TREE
BIRDS	KITE	NEST	WARM
DROP	LEAF	RAIN	WIND
FROG	MAY	SEEDS	WORM



**Tree Valley Academy**



# Contact Us

ph (02) 6025 1776 fax (02) 6025 5712



## Our other services & locations

### Community Care

**Eleanor Bohr**

**Amaroo Dementia Day Club**

Lavington

ph (02) 6025 1776

**Jodie Collins**

**Henty Meals on Wheels**

Community Centre Ivor Street

Henty, NSW, 2658

ph (02) 6929 3244

**Trish Robinson**

**Commonwealth Home Support**

**Program - CHSP**

Lavington

ph (02) 6025 1776

**Trish Robinson**

**Home Care Packages - HCP**

Lavington

ph (02) 6025 1776

**Sandy Brown**

**Community Home Care**

### Independent Living

**Sal Anderson**

**Hillsborough Retirement Village**

32 Sydney Road

Beechworth, VIC, 3747

ph (02) 6025 1776 fax (02) 6025 5712

**Murray Vale Self Care**

340 Moore Street

Lavington, NSW, 2641

ph (02) 6025 1776 fax (02) 6025 5712

**Myoora Independent Living**

Allan Street

Henty, NSW, 2658

ph (02) 6025 1776

**Park Hall Village**

Park Hall Village Place

Wodonga, VIC, 3690

ph (02) 6025 1776 fax (02) 6025 5712

**Elms Self Care - Retirement Village**

Balfour Street Culcairn, NSW, 2660

ph (02) 6025 1776 fax (02) 6025 5712

**Gumleigh Gardens**

**Retirement Village**

23 Albury Street

Wagga Wagga, NSW, 2650

ph (02) 6921 3219

**Knightleigh Cottages**

Cnr John & Nicholas Streets

The Rock, NSW, 2655

ph (02) 6921 3219

**WT Wilson Homes**

Near Cnr North & Operator Streets

West Wyalong, NSW, 2671

### Residential Care

**Christine Fulthorpe**

**Gumleigh Gardens Hostel**

29 Shaw Street

Wagga Wagga, NSW, 2650

ph (02) 6931 0409 fax (02) 6971 9610

**Holbrook Village Hostel**

45/47-55 Bowler Street

Holbrook, NSW, 2644

ph (02) 6036 2817 fax (02) 6036 3618

**Kerralyn Bullock**

**Jindera Gardens Hostel**

80 Creek Street

Jindera, NSW, 2642

ph (02) 6026 3799 fax (02) 6026 3477

**Judy Osmond**

**Oolong Hostel**

97 Sturt Street

Howlong, NSW, 2643

ph (02) 6026 6800 fax (02) 6026 5111

**Jaqui Hastings**

**Murray Vale Shalem Hostel**

342 Wagga Road

Lavington, NSW, 2641

ph (02) 6025 4889 fax (02) 6040 0359

**Sue Weston**

**Myoora Homestead Hostel**

Bartsch Ave & Keighran Street

Henty, NSW, 2658

ph (02) 6929 3200 fax (02) 6929 3602

**For any general enquiries please contact the regional office:**

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Lavington NSW 2641

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e regionaloffice@upamurray.org.au

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*compassion . respect . integrity . kindness*