



Welcome to our second newsletter for 2018.

So much has happened since our last newsletter, it's difficult to know where to start.

In summary, we have celebrated Mother's Day, International Nurses Day and held a special morning tea to thank our wonderful volunteers for their continued support and welcomed three new volunteers.

We would like to extend a warm welcome to our newest residents, John Giles, Valma Livermore, Joan O'Toole, Rena Herd, John Mayo and Andonia (Donna) Spanopoulos.

An equally warm welcome to our recent addition to the staff team, Bridget Anderson and Darija Nikic.

Our recruitment of volunteers is going very well, with three volunteers joining the team within the last month, Christopher Breen, Jill Moncrief and Jimmy Fay, who bring with them a wealth of knowledge and experience, we look forward to welcoming them and building long lasting professional relationships.

The long awaited bus trips have resumed – yaay. Our first outing was a scenic drive with a stop off for ice-cream. Feedback was positive and we look forward to many more trips incorporating travelling further afield and perhaps even a trip to the theatre.



Ann and Rena having fun on the bus.

What's new on our program?

The introduction of Men's and Ladies' groups have been well received and attended, with activities such as spud guns, quiz, and table games for the men and for the ladies, Irini has been sharing some of her vintage items.

Friends and families are most welcome to join their loved ones at meal times, and to assist us to ensure your experience is as positive as possible, it is important that you book ahead.

Also, if you require a particular area to be booked within the facility, please advise Wendy, our Administrative Officer.

Whilst it is very generous for family members and friends to want to share their treats, as part of the food authority regulations, any food brought into the facility must be documented in the food diary, located downstairs, at the visitor sign in book.

Currently, we are creating a tea pot garden, with an eclectic collection of tea pots, which the residents are filling with various plants, with a long-term view to add tea cups. If you would like to donate a teapot we would be most grateful.



Anyone interested in learning more about dementia, there is a free online course through the University of Tasmania called Understanding Dementia, MOOC, University of Tasmania.

We have appointed a new podiatrist, Lorraine Munro, from Steel City Footworx, she will be in attendance on the following dates, within the next three months: 21st July, 11th August, 1st September and 22nd September.

Subsequent dates will be announced in the next newsletter.



Mayfield East primary school students performed their new routines for the first time, leaving residents and staff in awe of their ability and confidence.



Resident of the newsletter this time is Doreen Hewitt.



Doreen joined us during September 2017. Born in Molong, Central West, NSW and currently 93 years young.

Being brought up in rural Australia, there were a mere 30 children in the school, with one teacher who taught from primary right through to high school.

Growing up Doreen enjoyed tennis, hockey and ballroom dancing, and in her opinion ‘There is only one type of dancing’.

She said “I love having my kids, (two girls and one boy), grandchildren and great grandchildren around me, there are ten boys and one girl, ranging in age from three months up to 18 years”.

When Doreen started working she was employed by an English man, and worked for three years in a wool mill. She later decided on a career change and worked 16 years as a psychiatric nurse at Kenmore Hospital. She loves to get out amongst people and visiting the shops

Staff member for this newsletter is Karina Gruber, who has been with Fronditha for six years.



Initially Karina was employed in the kitchen, cleaning and laundry, later taking on a traineeship, she became a personal care worker, which gives her the opportunity to have more time with residents which she loves.

She is well known as the person who cares for the cats. Along with other staff members and Cat Care, they have been able to rehome, de-sex and feed them.

Karina is a mum of two boys, one of which is representing Australia in Africa, for the tug of war event. She is also running the City to Surf with her 65 year old mum and son.

As well as her busy work schedule, Karina takes time out to enjoy kayaking, especially the Hunter River, and regularly does the Tocal to Patterson route, she enjoys cooking for family and friends

Wear your pyjamas all day on Friday 20th July.

Finally, if you have any basic mending needs, such as replacement of buttons, hems etc, please see Andrea who will be hosting Monday Mending on the first and third Monday of the month.

Any contributions to our third quarter newsletter, please see Mandy.