



Editor's Note

Welcome to another edition of our newsletter.

2024 is here! The first few months have already gone by so fast.

Let's hope this year will bring good health to everyone, as well as prosperity and abundance in all areas of our lives.

Here at the Maronite Sisters villages, we will continue to concentrate on the overall wellbeing of our resident's.

Our caring workers together with the assistance of our Management team; Will continue to ensure residents are supported and empowered, to help them achieve their daily goals and tasks, as well as enhance their quality of life.

I like to extend our deepest gratitude to all families and carers that have supported and encouraged us with the work that we do for our residents. Your support and understanding is greatly appreciated especially through the tough times we faced with each Lockdown period due to the COVID-19 virus.

Sending you well wishes and praying for peace and harmony in the coming year 2024.

Warm Regards.

Raquel Podesta (Diversional Therapist)



“Happiness and Peace on Australia Day”

Facts of the Celebration:

What do we celebrate on Australia Day

Australia Day (January 26) is our national day, which marks the anniversary of the arrival of the First Fleet in Australia. In 1770, while Lieutenant James Cook was on his voyage to observe the Transit of Venus, he was ordered to find new land for the British Crown.

Australia Day is also referred to as 'Invasion Day' or 'Survival Day' particularly by Aboriginal and Torres Strait Islander Australians. This is because it 'celebrates' a painful part of Aboriginal and Torres Strait Islander history.

On Australia Day, we also reflect on our past, accept the truth of our history and respect that we all have a contribution to make to the Story of Australia. We celebrate being part of a diverse and multicultural nation.

How do we celebrate Australia Day with Respect

- Include an Acknowledgement Of Country in the morning.
- The Aboriginal flag can be flown
- Acknowledge the local Aboriginal community and the honoured place of the First Peoples in any programs.
- Have a moment of silence.
- Learn about the local people who once lived in the service's area.



Australia Day is.....

- A day to acknowledge the nation's people of the land
- Is a day to sing 'Waltzing Matilda'
- A day to say 'G' day Mate!' and 'Fair Dinkum!'
- A day to remember how lucky we are to live here
- A day to celebrate the beauty of this country
- A day to enjoy good 'tucker' in the company of loved ones
- A day to remember we are a nation of Peace
- A day to celebrate one of the great sporting nations in the world
- A country of many colours, races and ideas which unite us in love and freedom by cultivating the "Mateship and Family Spirits"

Happy Australia Day!

From: (V1 and V2 Residents)

Happy Valentines Day 2024



January, February, March 2024 Staff Birthday Celebrations V1 & V2

Celebrations will be held Monthly for Staff in both Villages





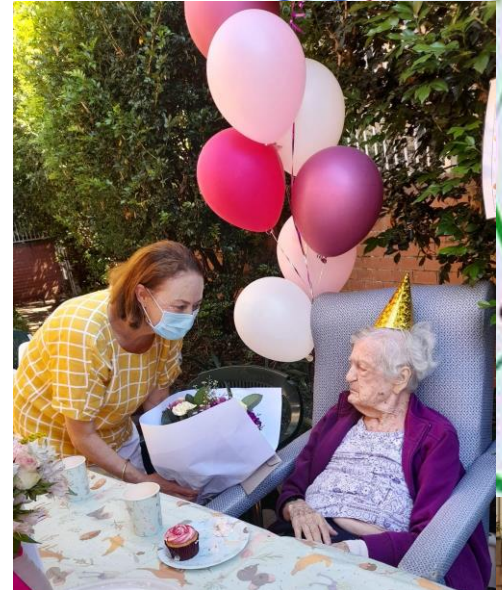
Your life is a masterpiece, you have lived a century of amazing moments! Your wisdom, grace, and kindness continue to inspire. Cheers, here's to more beautiful moments ahead!

***Happy 100th Birthday!
To Our Dearest
Dorothy Marsh***

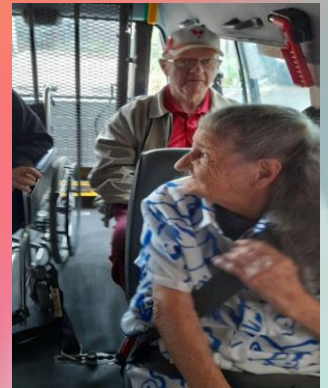


Celebrating
Dorothy Marsh
100th Birthday

**In the company of friends and family
At the Maronite Sisters Village One**



Residents Enjoying Activities of their Choice



A person in a wheelchair is shown from the side, moving towards the right. They are surrounded by several large, colorful balloons in shades of blue, green, and yellow. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall mood is positive and hopeful.

It's Never too late to Exercise

So, Let's get Moving...We have nothing to Lose.

As either a young or older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

The importance of DAILY 'gentle exercises' for our residents and ourselves

1. Improved Physical Function.

Gentle exercise can help residents maintain physical independence, strength, and flexibility.

2. Increased Mobility,

Balance and coordination can become increasingly difficult the longer they sit especially during these times of lockdown. But gentle exercise can help improve these areas.

By promoting exercises, we might reduce their risk of falls and increase their mobility.

3. Better Mental Health.

Exercise can positively impact mental health and help our residents manage symptoms of depression and anxiety, which may arise due to the lockdown.

It can also improve sleep quality and help them maintain a healthy sleep schedule.

Additionally, Exercise can give us a sense of accomplishment and boost self-esteem, contributing to overall well-being and happiness



Management is pleased to inform you that we have successfully arranged for a team from the Sydney Local Health District's CERA Oral Health Unit to conduct oral assessments at our facility.

The assessment dates are tentatively scheduled (subject for further confirmation) for Tuesday 2nd July 2024, at the Dulwich Hill Site, and Wednesday 3rd July 2024, at the Marrickville Site, from 9:30 am to 12:00 pm.

During these assessments, the team will evaluate the oral health status of all residents at our facility and provide valuable insights into their oral health needs.

For residents to receive this oral health assessment, their representative is required to sign a special consent form before March 2024. Our Secretary, Care Manager, and RN in charge will follow up and ensure completion is done by the due date.

The consent form will be available through our Secretaries. Consent forms need to be signed and returned promptly, as the Secretary needs to scan and keep them in our system.

Care Managers and RNs in charge, will ensure that the processes above are completed successfully by March 2024.

Village 1 Redevelopment – New Aged Care Centre

A meeting was held at the end of January 2024 with the NSW Department of Planning & Environment for informal comment of the proposed design, which was intended to highlight any areas of concern in particular the proposed buildings height.

The department staff were generally positive with what was proposed and agreed the development appeared to meet the threshold requirements for them to accept and consider the development application. A similar meeting was held with planners from the Inner West Council.

The first step in the application process has now been completed, which is called SEARs. The SEARs application is like a briefing document which identifies all the required consultants and design reports required for the main application.

Some 40+ specialist reports and consultancies are required. Although a very complex approval process, consideration of the development for approval is anticipated to take 6-9months compared to the previous system through the local council, which often takes years.

The architects have also been developing the buildings appearance. The following images are not final but represent some of the elevations being explored.

In the coming months information sessions will be held with residents, their families, and the local community.

1.1 FRONT FACADE



JACKSON TEECE

FACADE CONCEPT DESIGN

1.0 NORTH & EAST ELEVATION



Regards Phillip Ryan
Property Development Manager – The Maronite Sisters of the Holy Family

A Farewell to Our Dearest



Sr Madeleine de la Croix

Until we Meet Again

*Those special memories of you will always bring a smile.
You will never be forgotten as we will hold you close to our hearts
today and for always.*

In Loving Memory of Our Dearest.

Sr. Madeleine de La Croix

