

CaSPA Care Newsletter May 2020

“Some old-fashioned things like fresh air and sunshine are hard to beat.”
— Laura Ingalls Wilder

How fortunate we are to be together at this time, whether through virtual means, social distancing or visiting each other.

The Lifestyle Team are continuing to connect our residents with family, friends, volunteers during this time.

Our virtual connections are now around 100 families talking via FaceTime, Skype, Zoom, WhatsApp etc. There has been great uptake of our relaxed visiting access at both homes.

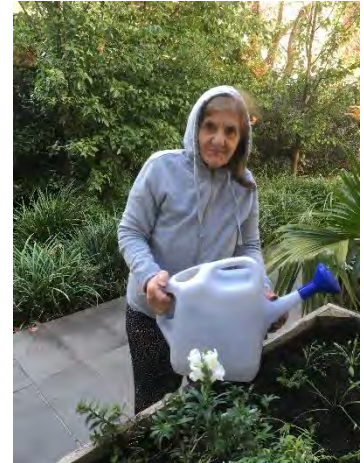
We celebrated Mother's Day, Birthdays and Anniversaries.

We are restarting our AFL Footy tipping for our avid tippers, running baking classes, enjoying large variety of presentations, being creative, gardening, keeping fit, dancing, singing, karaoke, fun games and more.

June will see the rejuvenation of Men's Group on each level, virtual intergenerational program, night presentations and more.



We have purchased new plants for South Port and Emerald Hill with gardening being such a popular pastime with so many residents



On Mother's Day all our ladies enjoyed a little gift donated by Volunteers Jane and Grant Stewart and were also given free tickets for a raffle. We are grateful to Chemist Warehouse for supplying the raffle prizes bags to five lucky ladies, one on each level at Emerald Hill and one at South Port. High teas were a highlight on the Friday afternoon and Sunday was celebrated with a special Morning Tea, luncheon with champagne, Afternoon Tea and movie matinee presentation for all. Tammy & our craft group made beautiful keepsake hearts for all ladies to treasure as a gift



In our new virtual world, we are privileged to be able to re connect with Trinity Grammar Early Learning Centre and Bellevue Kindergarten who are both very excited to organise Intergenerational Programs with interested residents and their students.

To begin, correspondence between our new friends will be letters, paintings, drawings etc. In June we will commence face to face interactions over Zoom.

Intergenerational bonds need not be traditional or biological. Older adult mentors can make a significant difference in a child's life. The involvement of a reliable, caring adult helps children develop life skills, and builds self-esteem and confidence.

The children sent paintings and photos to our residents which brought smiles to so many, the rainbows represent

“Somewhere, over the rainbow — there are happier days ahead”

Children around the world are posting handmade rainbow artwork in the windows of their homes to spread hope and cheer during these uncertain times.



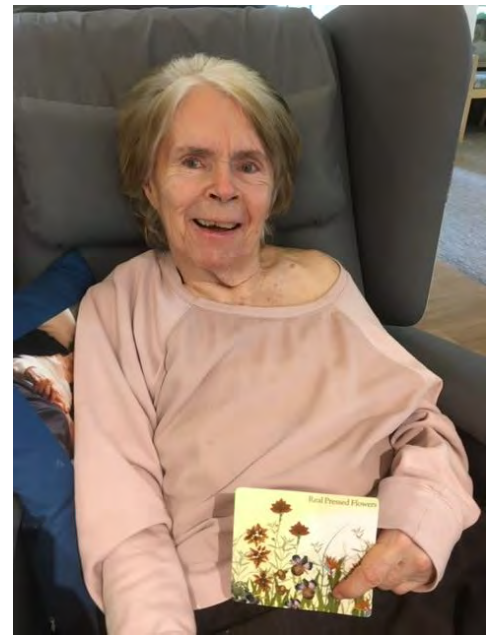
Birthdays, anniversaries, and other special occasions, even 100th Birthdays are being celebrated weekly at CaSPA Care whether social distancing in the lounge areas or a private celebration in a resident's room.



Day to Day Photo Gallery







We trust you enjoy reading this addition of our Newsletter and especially seeing your loved ones in print as much as they do. All the CaSPA Care Staff continue to work very closely together to ensure the diverse needs are being met for our residents and would happily welcome any feedback, suggestions, and new ideas you feel could be of benefit.

We pride ourselves in the wonderful care we are able to provide to our CaSPA Care residents at Emerald Hill and South Port.

Vicki Fraser Lifestyle Manager CaSPA Care