

MELBOURNE CUP DAY

The first Tuesday of November was full of excitement as we readied ourselves for the race that stops the nation... the Sunnyside Silver Slipper.



Our annual event to celebrate Melbourne Cup Day led to some nailbiting races. The shy but very courageous Mary be Mayne, ridden by Mary C, took out the main event, followed closely by Kate riding Don't Be Late Kate, with Alastair on Big Al, running in third. Tonya also rode well!



Don, Jonesy and Bill cooked up a yummy BBQ lunch with Adam while the kitchen took care of the rest in typical delicious style. With a range of sweeps on the go, both staff and residents had a bet before we all watched the race in the lounge room to see who was going to take out the big prize.



Gorgeous outfits and dapper attire everywhere we looked, it was a great day had by all.

VENTRILOQUIST

We were very lucky to receive another visit from Eric and his cheeky friend Sparky during the month. In keeping with the Spring Carnival, they put on a special Melbourne Cup themed show for us all. It was a great laugh and it's always fun to see what Sparky has to say.



BIRTHDAYS



Dot B and Bill celebrated their birthdays during the month. We made sure we spoiled both of them with lots of delicious afternoon treats on their special day, and a quiet one or two for Bill of course!



LADIES DAY

We continued the celebrations in High Tea style, with the ladies enjoying an afternoon in the lounge for Ladies Day! The residents picked a horse in each race with a point awarded to the winner. After the last race, all the points were added up and the winner took all! Verna made out like a bandit, taking the main prize, with Dot W not far behind!



OP-SHOP MAKEOVER

Our Sunnyside op-shop has received a newly painted façade to go with its recent interior renovations, completed through a Shire grant. Pretty snazzy if we do say so ourselves.



REMEMBRANCE DAY

On this day we paid our respects to all soldiers, fallen and returned, and the sacrifices they made for their families and country.



Markita organised a beautiful service. As the flag was raised throughout, Verna layed the wreath, with both staff and residents contributing to readings during the service. It is a special day for everyone, as many of our residents have family or friends who served.

VALE

During November we farewelled Mary W & Dot W. To their extended families and friends, we offer our sincere sympathy and trust we served them well during their stay with us.



BUS TRIP



With all the rain we had during the month of November, Chris, our friendly volunteer bus driver, took some residents to investigate the flood waters. It was amazing to see how much water was flowing down Mt. Emu Creek.



Onwards to Cobden we drove, to Vicki's sister in-law's house, Jo, to meet a deer named Bambi and all her pals! They were very cute! We also met her miniature pony, Dougie. He was very friendly and tried his best to climb into the bus to come home to Sunnyside with us. Lots of laughter was had!



ANNUAL GENERAL MEETING (AGM)

Our 72nd Annual General Meeting was held on 17th November with a large number of supportive members and staff in attendance.



Philip (our Chairman) presented several Sunnyside employees with "Certificate of Appreciation" certificates for 5, 10, 15 & 20 years of service.



Our dedicated and hardworking Ladies Auxiliary presented a cheque for an impressive \$104,000 from money raised at the Op-Shop over the 2021/22 financial year.



Once again, a huge thankyou to our Board, staff and many volunteers who make Sunnyside the wonderful home that it is!

CHRISTMAS DECORATING



With the festive season upon us, the whole Sunnyside crew banded together and got into the Christmas spirit early by making decorations to place around the building in preparation for the Resident Christmas party.



Alan and Justin set up the lights while Jillie, Marg and Markita took care of the rest! Melissa even got out the glitter pen and made some new baubles for the various Christmas trees around Sunnyside.



STAFF AWARDS

As mentioned previously, we were able to celebrate our staff and their milestones of service over several years (postponed due to COVID!):

Year ending 30th June 2020

5 Years

Janice Bateman

10 Years

Corinne Maslin



Year ending 30th June 2021

5 Years

Rina Jordan

Rhonda Rantall

10 Years

Justin Colman

Jenny Welding



Year ending 30th June 2022

5 Years

Mandy Burghardt

Marilyn Dixon

Vikki Unwin

10 Years

Ros Rankin

Dot Wilson

20 years

Eva Place

(previously celebrated at Sunnyside on 26/11/21 – certificate & gift given at that time)



CEO REPORT

Summer is just around the corner – we hope! It is time to be careful with sun and heat (when they do eventually appear). Please make sure you stay well-hydrated and remember to “slip, slop, slap, seek, slide.” Australia has one of the highest rates of skin cancer in the world. About two in three Australians will be diagnosed with some form of skin cancer before the age of 70. Non-melanoma skin cancer is the most common cancer diagnosed in Australia (<https://www.cancercouncil.com.au>).

Australia also has the highest melanoma rates in the world. Melanoma is frequently referred to as “Australia’s national cancer” – a very sad first place. Melanoma is the third most common cancer in Australia: it is the second most common cancer in Australian men, after prostate cancer, and the third most common cancer in Australian women, after breast and colorectal (bowel) cancer (<https://melanoma.org.au>).

We also need to be aware of the current meningococcal outbreaks and the mosquito borne diseases in Australia, including: Barmah Forest virus (only found in Australia), Dengue fever, Ross River virus, Japanese Encephalitis (JEV), Murray Valley encephalitis (<https://www.health.gov.au>).

Keep safe all.

Kind Regards

Claire

