

FITZGERALD NEWS & VIEWS

April 2026



2nd April – Easter Celebrations
14th April– Special Guest Performer
24th April – Hawkesbury Show Trip
26th April – ANZAC Day Service



Bev



Rhonda



Elizabeth



Louise

Dear Residents, Families, and Friends,

March was a vibrant and meaningful month at Fitzgerald, filled with celebration, connection, and continued improvement. Residents enjoyed St Patrick's Day, Harmony Day, interactive music therapy, Healing Paws dog therapy, and a wonderful performance from Hawkesbury Song. We also took time to thank Mary for her dedication and contribution with a heartfelt farewell afternoon tea.

A major highlight for our service has been the achievement of a **5-Star Rating** under the Australian Government's aged care Star Rating system. This is the highest rating available and reflects the quality of care, resident experience, staffing, and clinical outcomes across our home. It is a true testament to the dedication, compassion, and professionalism of our entire team, and something we are all very proud of.

We also successfully completed the **Residents' Experience Survey** this month. It was encouraging to receive very positive feedback from the survey team, who acknowledged the care, kindness, and strong culture within our home, and encouraged us to continue the great work being done at Fitzgerald.

Looking ahead, April brings meaningful events and continued connection. We will celebrate Easter, honour those who served through our ANZAC Day Service, and enjoy a special performance by Otto. Residents will also benefit from a Fire Safety Presentation from Windsor Fire Station and a community outing to the Hawkesbury Show, alongside our regular shopping bus trips.

At a strategic level, the Board continues to actively engage with government representatives and key stakeholders to advocate for the expansion of our service through a proposed **24-bed extension**. This initiative is focused on supporting the growing needs of the Hawkesbury community, including helping to reduce hospital bed pressures and improving access to quality aged care services locally.

From a health and safety perspective, we continue to monitor respiratory illnesses and maintain strong infection prevention practices. We are currently **rolling out the annual influenza vaccination program** for residents and staff, which is an important step in protecting everyone during the colder months. With seasonal changes, we are also supporting residents to stay comfortable and well. Following a recent snake sighting nearby, staff remain alert and residents are encouraged to seek assistance when outdoors.

Thank you to our residents, families, staff, and volunteers for your ongoing support in making Fitzgerald a safe, welcoming, and high-quality home.

Warm regards,
Solomon Kebede, RN
Facility Manager



Easter – A Time Of Renewal & Hope



As autumn settles in across Australia, Easter arrives as a season of reflection, renewal, and togetherness. For many, Easter is a deeply meaningful religious celebration, while for others it is a time to gather with family, share stories, and enjoy a few sweet treats along the way.

Easter has been celebrated for centuries and marks an important time in the Christian calendar, remembering the story of new life and hope. The timing of Easter changes each year, as it is based on the cycle of the moon, falling on the first Sunday after the full moon following the spring equinox in the Northern Hemisphere.

Many of the traditions we enjoy today have interesting origins. The Easter egg, for example, is a symbol of new life and has been part of celebrations since at least the Middle Ages. Before chocolate eggs became popular, people would decorate real eggs with bright colours.

The much-loved Easter Bunny is said to have come from German folklore, where a hare would deliver eggs to well-behaved children.

Around the world, Easter is celebrated in unique and sometimes amusing ways. In parts of Spain, large parades fill the streets with music and traditional dress. In Sweden, children dress up as “Easter witches” and go door-to-door exchanging drawings for sweets. And in Greece, people take part in a friendly egg-tapping game, where the goal is to crack your opponent’s egg without breaking your own!

Here in Australia, Easter often means a long weekend, time outdoors in the cooler weather, and the simple pleasure of sharing hot cross buns and chocolate eggs with loved ones.

Whether through quiet reflection, fond memories, or a shared cup of tea, Easter reminds us of the comfort of tradition and the joy of new beginnings.



Birthdays This Month



10th April	Bev Maybury
12th April	Elizabeth Dixon
18th April	Elizabeth Whitely
18th April	Garry Wiegold
22nd April	Betty Pickering

The monthly birthday cake will be celebrated on Thursday 30th April, at 12:00pm at the Birthday Lunch.

ADDITIONAL LINKS AVAILABLE FOR FAMILY & FRIENDS

If you wish to arrange a Face time or Zoom with your loved ones. Please contact the facility during office hours 9am-5pm Monday to Friday, so we can arrange a suitable time with you to make these calls. We are more than happy to help.



A Heartfelt Farewell



Last month, we bid a heartfelt goodbye to Jeane Appel and Margaret Hinton. They will be deeply missed by all of us, and our thoughts and deepest sympathies go out to their family and friends during this difficult time. Our memories of Jeane and Margaret will live on and always be cherished.

Special Events

Wednesday	1st	Fire Safety Presentation
Thursday	2nd	Easter Theme Day
Tuesday	14th	Special Guest Performer: Otto
Friday	24th	Hawkesbury Show Trip

Wednesday	1st	9:15am	Exercises
		10:30am	Fire Safety Presentation
		1:15pm	Let's Have Some Fun
Thursday	2nd	9:15am	Armchair Yoga
		10:30am	Easter Around The World
		1:15pm	Pass The Egg Game
Friday	3rd		<i>Good Friday - Public Holiday</i>
Saturday	4th	10:30am	Bingo with Maureen
Sunday	5th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	6th		<i>Easter Monday - Public Holiday</i>
Tuesday	7th	9:00am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Paint & Sip
Wednesday	8th	9:15am	Exercises
		10:30am	Catholic Church Service
		10:30am	Lisa Reads Short Stories
		1:15pm	Cooking Club
Thursday	9th	9:15am	Exercises
		10:30am	VR Travel Experience
		1:15pm	Shopping Bus Trip
Friday	10th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	11th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	12th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	13th	9:15am	Exercises
		10:30am	Anglican Church Service (Online)

		1:00pm	Afternoon Exercises
		1:30pm	Board Game Club
Tuesday	14 th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Special Guest Performer: Otto
Wednesday	15 th	9:15am	Armchair Yoga
		10:30am	Fiona Reads
		1:15pm	Craft Club
Thursday	16 th	9:15am	Exercises
		10:30am	Quizzes
		1:15pm	Afternoon Movie
Friday	17 th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	18 th	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
Sunday	19 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	20 th	9:15am	Armchair Yoga
		11:15am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	Reminiscence
Tuesday	21 st	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	VR Travel Experience
Wednesday	22 nd	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:15pm	Cooking Club
Thursday	23 rd	9:15am	Exercises

		10:30am	Music Appreciation
		1:30pm	ANZAC Day Service
Friday	24th		Hawkesbury Show Trip
Saturday	25th		ANZAC DAY
Sunday	26th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	27th		<i>Public Holiday</i>
			Podiatrist
Tuesday	28th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Karaoke
Wednesday	29th	9:15am	Exercises
		10:30am	Fiona Reads
		1:15pm	Games Afternoon
Thursday	30th	9:15am	Exercises
		10:30am	Craft Club
		1:30pm	Ron Plays Organ

* Timetable subject to change

Mental Health Corner - Embracing Change and Renewal

April is a time of gentle change. As the seasons shift and the weather cools, it's a natural opportunity to pause, reflect, and reset. Just as nature changes around us, we too can embrace small moments of renewal in our daily lives.

Change can sometimes feel unsettling, but it can also bring opportunities for comfort and fresh perspective. Taking time to notice what brings us peace and happiness can support our mental wellbeing.

Here are four simple ways to embrace this season of renewal:

1. **Reflect on the positives** – Think about what has brought you joy recently, no matter how small. Where is joy still present in your everyday?
2. **Refresh your routine** – Why not be bold and try attending a new activity run by our amazing Activity Department? Or how about making one small change to your every day to bring in a sense of newness?
3. **Let go of what you don't need** – This might be worries, negative thoughts, or even some small frustrations. Focusing on what we can control can be freeing in itself.
4. **Look forward to simple pleasures** – A visit with your friends and family, your favourite meal, or an upcoming activity can lift your mood.

April also brings moments of celebration, such as Easter, which for many is a time of hope and connection.

If you're feeling unsettled, please remember you're not alone! Our Social Wellness Officer and staff are always here to support you.

Let's welcome this season with a gentle mindset and make space for small moments of renewal each day.

IMPORTANT INFORMATION FOR RESIDENTS

BRINGING IN FOOD FOR RESIDENTS POLICY:

Fitzgerald Aged Care cannot accept responsibility for food that is prepared outside of the facility and is brought in for Residents by relatives and visitors. Our facility has a legal obligation to comply with the Food Standards Code.

Residents, relatives, and visitors please inform the nursing staff about food you bring and clearly label this with the residents' name, the date the food was prepared and the time the food arrived in our facility.

In compliance with our policies, all perishable food brought into the facility must be consumed immediately or it will be discarded. All food items stored over 24 hours in the fridges provided will be discarded and any undated food will be discarded immediately. This will minimize the risk of food poisoning.

Residents, relatives, and visitors please be aware of potentially hazardous foods including raw and cooked meats, poultry, seafood and fish, rice and pasta, dairy products, eggs, soft cheeses, deli meats, pates, dips, soups and sauces, unpasteurized fruit, vegetable, salad, and juice.

TAKING RESIDENTS OUT

This is a friendly reminder to check with the Team Leader before taking your family resident out, to ensure they do not miss out on their medication.

CHARTER OF AGED CARE RIGHTS

I have the right to:

- 1) safe and high-quality care and services
- 2) be treated with dignity and respect.
- 3) have my identity, culture and diversity valued and supported.
- 4) live without abuse and neglect.
- 5) be informed about my care and services in a way I understand.
- 6) access all information about myself, including information about my rights, care, and services.
- 7) have control over, and make choices about, my care, personal and social life, including where choices involve personal risk.
- 8) have control over, and to make decisions about, the personal aspects of my daily life, financial affairs, and possessions.

- 9) my independence
- 10) be listened to and understood.
- 11) have a person of my choice, including an aged care advocate, support me or speak on my behalf
- 12) complain free from reprisal, and to have my complaints dealt with fairly and promptly
- 13) personal privacy and to have my personal information protected
- 14) exercise my rights without it adversely affecting the way I am treated

COMPLAINTS AND SUGGESTIONS

Any problems, complaints or suggestions regarding the care or procedures and practices should be brought to the attention of management directly, by phone, email or in writing for discussion and action. Fitzgerald Aged Care has a process of documentation and reporting for improvements and complaints. This process involves the:

- Feedback form- Use for Complaints, Comments and Compliments.
- Continuous Improvement Log- Management use
- Feedback Register- Management use

Feedback forms are available from the side of the red Mailbox near the Activity Room. These forms can be lodged directly by posting them into this Mailbox or by handing them to management. If a complaint cannot be resolved to the complainant's satisfaction, this will be referred to the Fitzgerald Board of Directors for further investigation and action.

Other avenues for complaints are as follows:

Aged Care Quality Safety Commission

Phone Free call 1800 951 822

Or online to:

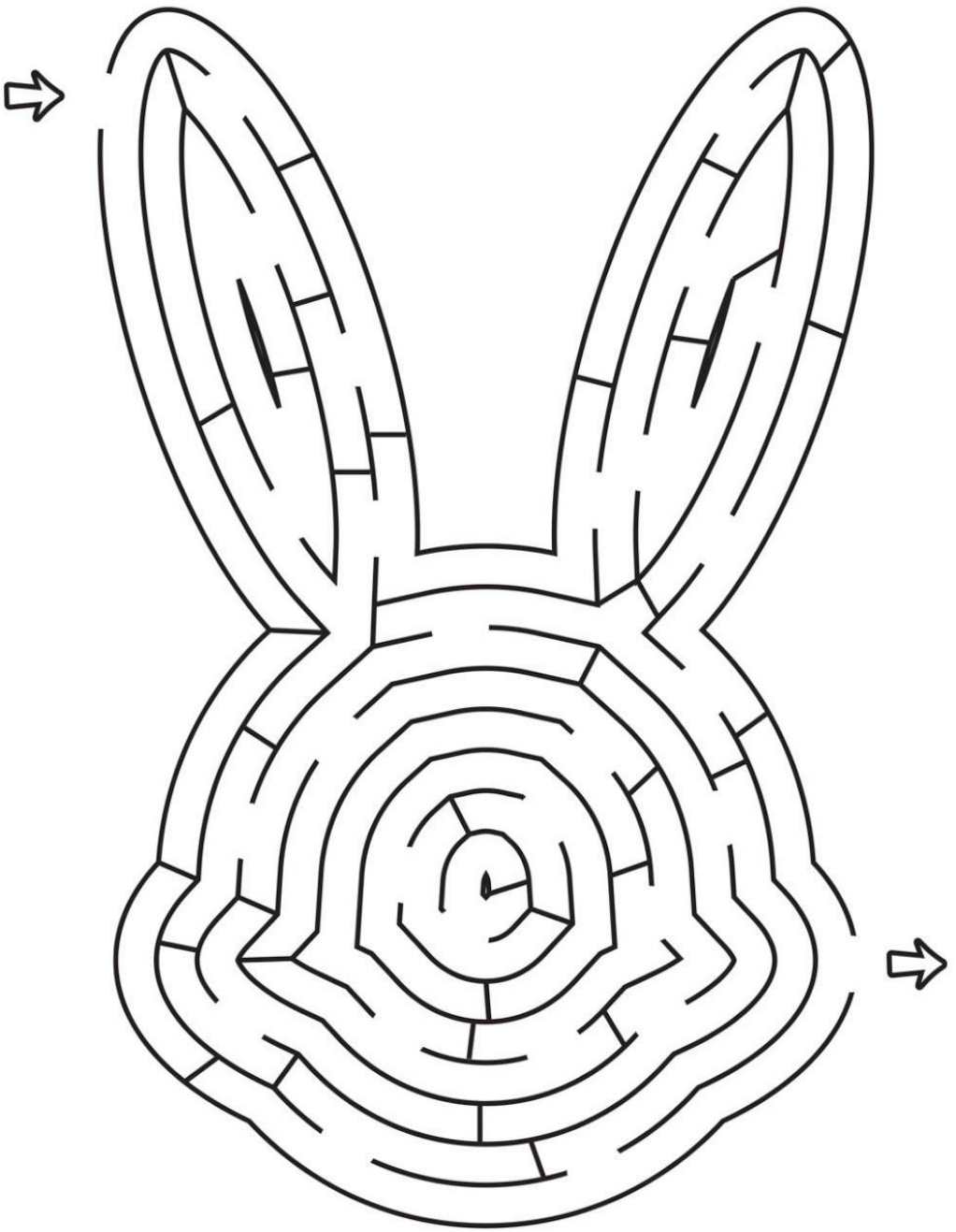
agedcarequality.gov.au

Or in writing to:

Aged Care Quality Safety Commission

GPO Box 9819

Sydney NSW 2000



EASTER MAZE

WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Zeila Collins

Don't put all your eggs in one basket! Hop to it and complete this month's Easter themed word search, then show it to our RAO staff for your chance to win an Egg-cellent prize !!

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

Bunny

Peeps

Basket

Chick

Spring

Pastel

April Fools Day

Egg

Lily

Jellybean

Chocolate

Hunt



Ian & Max



Mavis & Buddy



June & Buddy



Brian & Honey

