

FITZGERALD NEWS & VIEWS

December 2025



- 3rd December** – Remembrance & Thanksgiving Service
4th December – Seniors Rights Workshop
10th December – Christmas Party & Magic Show
11th December – Hills Harmony Barbershop Chorus



Mavis



June



Robin & Harry



Sandy & Joanne

Dear Residents, Families, and Friends,

As we come to the close of 2025, I want to take a moment to reflect on the meaningful experiences we shared in November and to look ahead to a joyful and safe festive season. November was a month of connection and gratitude. We enjoyed the colour and celebration of the Melbourne Cup, and we paused to honour those who served our nation at our Remembrance Day service. We were also delighted to welcome students from St. Matthew's Primary School on two occasions; their energy, kindness, and enthusiasm always bring something special to our home and lift everyone's spirits.

Looking ahead, December brings a season of celebration, community, and reflection. We are preparing for our Resident and Volunteer Christmas Party, a highlight of the year that celebrates the people who make Fitzgerald feel like home. We look forward to performances by Hills Harmony Chorus, Hawkesbury Song, and the Bede Polding School Band, as well as a lively Magic Show with Ben and Diana. As the year draws to an end, we will come together for our New Year's Eve celebration, welcoming 2026 with music and joy.

A significant event this month will be our Remembrance and Thanksgiving Service on Wednesday, 3 December, where we will honour the residents we have farewelled in 2025. This service is an opportunity for families, friends, and staff to gather in gratitude, reflection, and shared remembrance.

As we enter the festive season, we are also following the latest advice from Health Protection NSW to ensure the safety and wellbeing of our residents. We have reviewed and strengthened our infection prevention measures to reduce risks associated with gastroenteritis, COVID-19, foodborne illness, and mosquito-borne viruses. GP coverage has been confirmed over the holiday period so residents continue to receive timely care. These preparations help ensure that celebrations can be enjoyed safely.

I want to extend my heartfelt thanks to our dedicated staff and volunteers. Your compassion and commitment have carried us through another year of growth, learning, and improvement. A special thank you to those who will be working across Christmas and New Year; your efforts mean our residents can celebrate in comfort and confidence.

Thank you to our residents, families, and wider community for your ongoing support. I wish you all a joyful, peaceful, and safe festive season.

Warm regards,
Solomon Kebede, RN
Facility Manager



Christmas – From the Hawkesbury to Timbuktu



As December arrives, our home begins to sparkle with decorations, music, and the familiar warmth of Christmas traditions. While many of us are used to an Australian Christmas filled with sunshine, seafood, and pavlova, it's interesting to see how different cultures celebrate this special time of year.

The tradition of decorating a Christmas tree began in Germany over 400 years ago. Families would bring evergreen trees indoors and light them with candles to symbolise hope and life during the winter. When Queen Victoria and Prince Albert displayed their beautifully decorated tree in Windsor Castle in the 1840s, the practice quickly spread across the English-speaking world.

Around the world, Christmas comes with some wonderfully quirky traditions. In Japan it has become incredibly popular to eat KFC on Christmas Day! So much so that people must order weeks and even months in advance to secure their spot. In Norway, families hide their brooms on Christmas Eve to stop mischievous spirits from “borrowing” them for a midnight ride. And in Venezuela, many people travel to Christmas morning church services on roller skates! Entire streets must be closed to let the skaters glide safely to Mass.

A favourite Australian story is the tale of Carols by Candlelight, which began in Melbourne in the 1930s when a radio announcer noticed a woman sitting alone, singing by candlelight. Wanting to bring people together, he organised a public gathering, a tradition that continues nationwide today.

Whether your Christmas is filled with family visits, memories of childhood traditions, or simply the comfort of familiar songs, this season reminds us of connection, kindness, and the joy of sharing stories together.



Birthdays This Month



1st December

Valda Davison

The monthly birthday cake will be celebrated on Friday 26th December, 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 Jean Quinn. She will be deeply missed by all of us, and our thoughts and deepest sympathies go out to her family and friends during this difficult time. Our memories of Jean will live on and always be cherished.

Special Events

Wednesday	3rd	Residents Remembrance & Thanksgiving
Thursday	4th	Seniors Rights Services Workshop
Thursday	4th	Hawkesbury Song Performance
Wednesday	10th	Christmas Party & Magic Show

* Timetable subject to change

Monday	1st	9:15am	Armchair Yoga
		10:30am	Christmas Messages
		1:30pm	Christmas Cooking Club
Tuesday	2nd	9:15am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Christmas Cinema
Wednesday	3rd	9:15am	Exercises
		10:30am	Christmas Stories
		1:30pm	Remembrance & Thanksgiving Service
Thursday	4th	9:15am	Armchair Yoga
		10:30am	Reindeer Games
		1:30pm	Seniors Rights Services Workshop
Friday	5th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Music Therapy with Peter
Saturday	6th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	7th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	8th	9:15am	Exercises
		10:30am	Anglican Church Service
		1:30pm	Christmas Craft
Tuesday	9th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	St. Matthews Primary Visit
Wednesday	10th	9:30am	Exercises
		11:30am	Christmas Party
		1:30pm	Christmas Magic Show
Thursday	11th	9:15am	Armchair Yoga

		10:30am	Special Performance: <i>Hills Harmony Barbershop Chorus</i>
		1:30pm	Christmas Games
Friday	12 th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Classic Cinema & Nail Care
Saturday	13 th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	14 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	15 th	9:15am	Armchair Yoga
		11:15am	Resident's Focus Group Meeting
		1:30pm	Christmas Volleyball
Tuesday	16 th	9:00am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Christmas Karaoke
Wednesday	17 th	9:15am	Exercises
		10:30am	Fiona Reads Short Stories
		1:30pm	Christmas Cooking Club
Thursday	18 th	9:15am	Exercises
		10:30am	Kindergarten Card Club
		1:30pm	Ron Plays Organ
Friday	19 th	9:00am	Podiatrist
		9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Music Therapy with Peter
Saturday	20 th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	21 st	10:15am	Catholic Service

		1:30pm	Sunday Movie
Monday	22 nd	9:15am	Exercises
		10:30am	Board Game Club
		1:30pm	Let's Get Active
Tuesday	23 rd	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Mel's Green Thumbs Gardening
Wednesday	24 th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:30pm	Christmas Carols & Happy Hour
Thursday	25 th		Christmas Day
Friday	26 th		Boxing Day
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Classic Cinema & Nail Care
Saturday	27 th	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
Sunday	28 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	29 th	9:15am	Exercises
		10:30am	Fun & Games with Melissa
		1:30pm	Virtual Reality Travel
Tuesday	30 th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Arts & Craft
Wednesday	31 st		New Years Eve
		9:15am	Armchair Yoga
		10:30am	Special Morning Tea
		1:30pm	2025: The Year In Review

Mental Health Corner - Navigating The Holiday Season

December is a special time of year for many people. Christmas and the holiday season can bring familiar traditions, joyful memories, favourite songs, and opportunities to celebrate with others. For many of us, this time can lift our spirits and help us feel connected. But it can also bring a whole bunch of other mixed emotions with it, especially when routines change or when we're missing people who are no longer with us.

These feelings are completely natural. The holidays can remind us of the past, bring moments of nostalgia, or highlight the absence of loved ones. At the same time, they can offer warmth, community, and new opportunities to find joy in the present.

Here are some gentle ways to support your wellbeing during the festive season:

1. **Take part in celebrations your way** – Join us for carols, decorations, Christmas crafts and festivities if they bring you joy. But it's also okay to take quiet moments to yourself if the season feels overwhelming.
2. **Share your memories** – Talking about past Christmas traditions, favourite foods, or childhood stories can bring comfort. These conversations help keep cherished memories alive and allow others to learn more about you.
3. **Stay connected** – Whether it's catching up with fellow residents, enjoying a visit from family, or simply chatting with staff, connection can make the season feel brighter.
4. **Create new traditions** – Small rituals like enjoying a festive treat, writing a card, or choosing a favourite carol can help make this Christmas meaningful.
5. **Be kind to yourself** – It's okay if your emotions vary from day to day. The holiday season can be wonderful and challenging at the same time.

Remember, you're not alone. Our community is here to support you. If you're feeling lonely, sad, or simply need someone to talk to, please reach out to our Social Wellness Officer or any staff member, we're always here to help.

Together, let's make this holiday season beautiful, warm, gentle, and filled with moments of connection.

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:

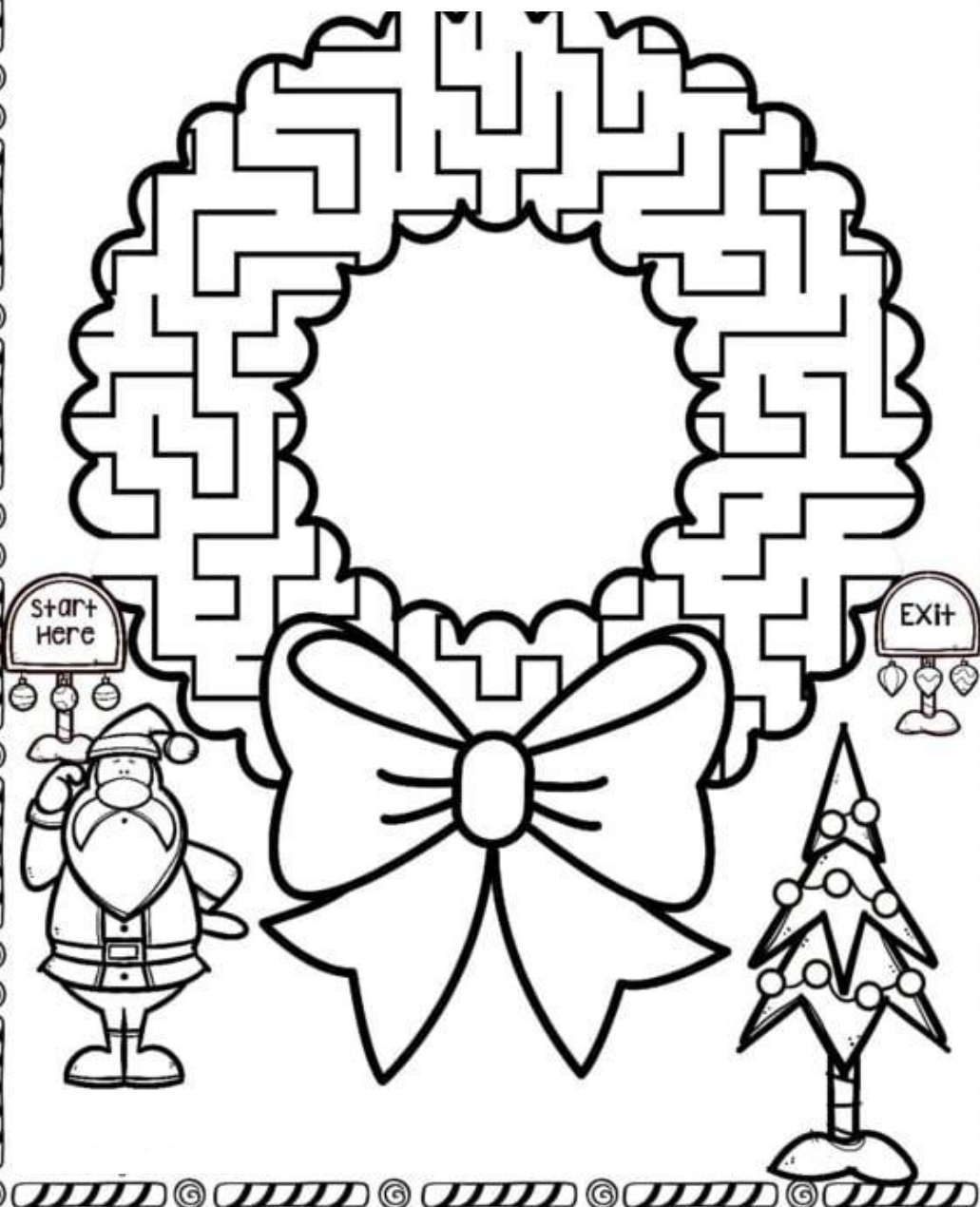
agedcarequality.gov.au

Or in writing to:

Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000

MAZE

Find The Way Out



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Mavis Minton

Complete this month's Christmas themed word search & jingle it over to our RAO staff for your chance to unwrap a festive prize! Go on, don't be a Grinch! Let's deck the halls, ring those sleigh bells, & may the best puzzler sleigh their way to victory!

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

Tinsel	Snowflake	Sleigh	Baubles
Reindeer	Mistletoe	Carols	Candles
Stocking	Holly	Gingerbread	Wreath



Joan & Gail



Colleen



Bev, Louise & Mel



Reginald & Tayla



Margaret & Lisa



Pamela & Nicole



Elaine



Solomon