

# **FITZGERALD NEWS & VIEWS**

## ***June 2025***



**6<sup>th</sup> June – Pyjama Day**  
**13<sup>th</sup> June – Sydney Zoo Trip**  
**17<sup>th</sup> June – Luau Beach Party**  
**19<sup>th</sup> June – Performer Spencer Turnbull**



Colleen



Helga



Patricia



Mary & Robin

Dear Residents, Families, Volunteers, and Staff,

As we step into the colder months, I want to take a moment to thank you all for your continued support, encouragement, and the warmth you bring to Fitzgerald. May was a month full of wonderful highlights, including a fantastic performance by the Allen Davis Trio, a fun-filled outing to the Hawkesbury Show, heartfelt Mother's Day celebrations, and recognition of our incredible team on International Nurses Day. We also held a special lunch during National Volunteer Week, which gave us a beautiful opportunity to honour and thank those who give their time so generously to our home.

Looking ahead, June promises to be just as vibrant. Our Social Wellness Team has organised a range of engaging activities for our residents, including two themed days; Luau Beach Party and Pyjama Day; as well as a special guest performance by Spencer Turnbull. We're also planning a group outing to Sydney Zoo, welcoming a visit from students at St Matthews Primary School, and running a flower arranging workshop that we know many residents are looking forward to.

At the same time, we remain mindful of seasonal health. A few of our residents have recently been affected by Rhinovirus, a common cold-like illness that tends to circulate in winter. These residents are resting comfortably in their rooms with appropriate care and support. All staff are wearing surgical masks and following strict infection control procedures to help reduce the risk of further spread. We appreciate your understanding and cooperation during this time. As the weather cools, we

encourage everyone to stay warm, enjoy plenty of hot drinks, and dress in layers to remain comfortable.

We're also pleased to report that our lift installation is nearing completion and should be in use very soon. We understand this have caused some inconvenience, and we sincerely thank you for your patience during this process. We look forward to the improved access it will bring for residents, visitors, and staff.

I want to take this opportunity to acknowledge the exceptional efforts of our team. Our staff have been working tirelessly across all departments; care, hospitality, cleaning, maintenance, and administration; to meet the changing demands of the season and continue delivering the high standard of care and service we pride ourselves on. Their dedication does not go unnoticed, and I am deeply grateful for all they do each day.

Lastly, we have welcomed some new staff members recently, and I invite you to share any feedback or observations you may have. Your input helps us nurture a positive team environment and ensures our residents continue to feel well-supported and at home.

Warm regards,  
**Solomon Kebede, RN**  
Facility Manager

## June Throughout The Ages

June might bring its fair share of chilly mornings here at Fitzgerald, but it's been a month full of fascinating and sometimes history making moments.

Let's start with **June 1, 1967**, when **The Beatles** released their groundbreaking album *Sgt. Pepper's Lonely Hearts Club Band*. With its bright colours, experimental sounds, and iconic moustaches, it turned the music world on its head — and still gets toes tapping today.

A proud and powerful moment in Australian history came on **June 3, 1992**, when the High Court delivered the **Mabo Decision**, recognising the land rights of Indigenous Australians for the first time. It was a turning point that honoured truth, justice, and connection to country.

On **June 16, 1963**, a new kind of explorer made headlines—**Valentina Tereshkova**, the first woman in space! The Russian born Astronaut orbited Earth 48 times, showing the world that courage and curiosity know no bounds.

Then there's the mysterious tale of the **Pied Piper of Hamelin**, said to have taken place on **June 26, 1284**. According to legend, he led the town's children away after the townsfolk refused to pay for his pest-removal services. A good reminder—always pay your bills... especially to magical flute players!

In more recent times, **June 29, 2007**, marked the release of the very first **iPhone**. Little did we know we'd all soon be carrying access to all the world's wisdom in our pockets... and also TikTok.

And finally, on **June 30, 1908**, a mysterious explosion in Siberia flattened over 80 million trees. Known as the **Tunguska Event**, it's believed to have been caused by a meteor—but to this day, no crater has ever been found!

June, it seems, has always had a few surprises up its sleeve!



## BIRTHDAYS THIS MONTH



<b>20<sup>th</sup> June</b>	<b>Norman <i>Sandy</i> Saunders</b>
<b>29<sup>th</sup> June</b>	<b>Patrick Smith</b>

The monthly birthday cake will be celebrated on Friday, 27<sup>th</sup> June, 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.

### SPECIAL EVENTS

<b>Friday</b>	<b>6<sup>th</sup></b>	<b>Theme Day - Pyjama Day</b>
<b>Monday</b>	<b>9<sup>th</sup></b>	<b>King's Birthday Public Holiday</b>
<b>Tuesday</b>	<b>10<sup>th</sup></b>	<b>St. Matthew's Primary Visit</b>
<b>Friday</b>	<b>13<sup>th</sup></b>	<b>Sydney Zoo Outing</b>
<b>Tuesday</b>	<b>17<sup>th</sup></b>	<b>Theme Lunch - Luau Beach Party</b>
<b>Wednesday</b>	<b>18<sup>th</sup></b>	<b>Flower Arranging Workshop</b>
<b>Thursday</b>	<b>19<sup>th</sup></b>	<b>Performer Spencer Turnbull</b>

<b>Sunday</b>	<b>1<sup>st</sup></b>	<b>10:15am</b>	<b>Catholic Church Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>2<sup>nd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</b>	<b>Anglican Church Service</b>
		<b>1:30pm</b>	<b>Game: Let's Get Moving</b>
<b>Tuesday</b>	<b>3<sup>rd</sup></b>	<b>9:00am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Bingo with Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>1:30pm</b>	<b>Mel's Green Thumb Gardening</b>
<b>Wednesday</b>	<b>4<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Reminiscence</b>
		<b>1:30pm</b>	<b>Travel Sing-a-Long</b>
<b>Thursday</b>	<b>5<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Game: Guess How Old?</b>
		<b>1:30pm</b>	<b>Game: Scattergories</b>
<b>Friday</b>	<b>6<sup>th</sup></b>		<b>Wear Your Pyjamas Day</b>
		<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Morning Tea &amp; Conversations with Margaret &amp; Helen</b>
		<b>1:30pm</b>	<b>Music Therapy with Peter</b>
<b>Saturday</b>	<b>7<sup>th</sup></b>	<b>9:00am</b>	<b>Armchair</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>Read The News</b>
<b>Sunday</b>	<b>8<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>9<sup>th</sup></b>		<b>Public Holiday</b>
<b>Tuesday</b>	<b>10<sup>th</sup></b>	<b>9:00am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Bingo with Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>1:30pm</b>	<b>St. Matthew's Primary Visit</b>
<b>Wednesday</b>	<b>11<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Short Stories</b>
		<b>10:30am</b>	<b>Catholic Church Service</b>

	<b>11<sup>th</sup></b>	<b>1:30pm</b>	<b>Cooking Class</b>
<b>Thursday</b>	<b>12<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Game: What do the sayings mean</b>
		<b>1:30pm</b>	<b>Teamific Global Quiz</b>
<b>Friday</b>	<b>13<sup>th</sup></b>	<b>8:30am</b>	<b>Sydney Zoo Outing</b>
<b>Saturday</b>	<b>14<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>Read The News</b>
<b>Sunday</b>	<b>15<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>16<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>11:15am</b>	<b>Resident's Focus Group Meeting</b>
		<b>1:30pm</b>	<b>Afternoon Group Games</b>
<b>Tuesday</b>	<b>17<sup>th</sup></b>		<b>Theme Day – Luau Beach Party</b>
		<b>9:00am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Bingo with Judy</b>
		<b>10:30am</b>	<b>White Board Games with Judy</b>
		<b>1:30pm</b>	<b>Beach Games</b>
<b>Wednesday</b>	<b>18<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Fiona Reads</b>
		<b>1:30pm</b>	<b>Flower Arranging Workshop</b>
<b>Thursday</b>	<b>19<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Men's Group</b>
		<b>10:30am</b>	<b>Quizzes</b>
		<b>1:30pm</b>	<b>Performer: Spencer Turnbull</b>
<b>Friday</b>	<b>20<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Morning Tea &amp; Conversations with Margaret &amp; Helen</b>
		<b>1:30pm</b>	<b>Music Therapy with Peter</b>
<b>Saturday</b>	<b>21<sup>st</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>Read The News</b>
<b>Sunday</b>	<b>22<sup>nd</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>

<b>Monday</b>	<b>23<sup>rd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Morning Trivia</b>
		<b>1:30pm</b>	<b>Karaoke</b>
<b>Tuesday</b>	<b>24<sup>th</sup></b>	<b>9:00am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Bingo with Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>1:30pm</b>	<b>Paint &amp; Sip</b>
<b>Wednesday</b>	<b>25<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Catholic Church Service</b>
		<b>10:30am</b>	<b>Fiona Reads</b>
		<b>1:30pm</b>	<b>Cooking Class</b>
<b>Thursday</b>	<b>26<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Morning Group Games</b>
		<b>1:30pm</b>	<b>Ron Plays Organ</b>
<b>Friday</b>	<b>27<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Morning Tea &amp; Conversations with Margaret &amp; Helen</b>
		<b>1:30pm</b>	<b>Nail Care with Denise</b>
<b>Saturday</b>	<b>28<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>Read The News</b>
<b>Sunday</b>	<b>29<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>30<sup>th</sup></b>	<b>9:00am</b>	<b>Podiatrist Visit</b>
		<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Morning Trivia</b>
		<b>1:30pm</b>	<b>Activity: The Mel Spectacular</b>

# Mental Health Corner

## Finding Joy in the Everyday

At Fitzgerald Aged Care, we believe that every day holds a chance for joy, peace and connection, and caring for your mental health helps make that possible. Looking after your emotional wellbeing doesn't need to be complicated. In fact, it's often the small, everyday things that bring the greatest comfort and meaning.

One wonderful way to boost your mental health is by finding joy in simple routines. Whether it's enjoying your morning cup of tea, listening to your favourite music or watching the birds outside your window, these quiet moments of pleasure can lift your mood and help you feel more grounded in the present.

Sharing laughter and conversation is another powerful tonic. Saying hello to someone in the hallway, joining in on a group game, or attending a weekly activity can bring light to your day and help others feel more connected too. If you're feeling shy or unsure, remember that even a smile can be the start of a new friendship.

Creative activities are also a great way to support your mind and heart. Whether it's painting, singing, writing a letter, or knitting with a friend, creativity helps us express ourselves, spark memories and feel proud of what we've made. Don't worry about the end result - it's the joy of doing that matters most!

Taking time to pause and breathe is equally important. When things feel overwhelming or your mind is busy, try sitting quietly, placing your hand on your heart, and taking a few slow breaths. These gentle moments of calm can help you feel more peaceful and centred.

And always remember: you are not alone. Whether you're having a hard day or just need a listening ear, our caring team is always here to support you. Reaching out for help is a sign of strength, and we want you to feel safe, valued, and heard.

Your happiness matters, and your mental well-being is worth looking after. Let's continue to take kind steps together, one day at a time.

# **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](http://agedcarequality.gov.au)

Or in writing to:

Aged Care Quality Safety Commission  
GPO Box 9819  
Sydney NSW 2000

# Snowflake Maze!

**Start!**



# WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNERS:

**Marie Grimston & Mavis Minton**

Be one of the first to complete this month's WINTER themed word search,  
and show it to our amazing RAO staff for your chance to win a prize!

Good luck, stay warm, and happy searching!

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

Frost

Chicken Soup

Hibernate

Snowfall

Beanie

Fireplace

Hail

Ugg Boots

Alpine

Chilly

Hot Chocolate

Woollens



Isabel & Paul



June



Jean



Yvonne



Isabel



Pearl & the Police



Fitzgerald & the RFS



Margaret, Helen, Anne & Zeila