

FITZGERALD
News & Views
February 2021



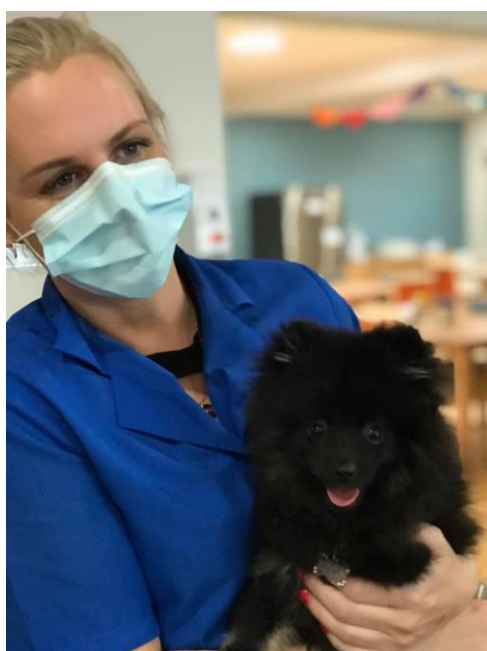
Happy Valentine's Day
Sunday, 14th February



Louise, Miep, Shirley, Maria, Esma,
Margaret, Audrey, Dawn and Brooke



Marie and Louie



Louie and Catherine

Annagrams

Unfortunately for us, 2 months into 2021, and COVID is still ruling the roost. We have to take each day as it comes and be extremely grateful that we live in Australia. At least now you are able to leave the facility and families can visit, though there are still many guidelines we all have to follow.

There is some good news on the COVID vaccine front with the Pfizer one being approved by the Therapeutic Goods Administration and its roll out to start sometime this month. I will keep you updated as more information is released.

Hopefully our Volunteer program will start up soon but in the meantime it's great to see many of our wonderful volunteers coming to do one-to-one visits with residents.

Keep safe everyone, and have a great February.

Anna Whitney RN, Executive Manager

ACTIVITY PROGRAM FOR FEBRUARY 2021

Our Regular Activity Program is currently on hold due to the current COVID 19 Management Plan & restrictions for Volunteers at Fitzgerald.

During this time the Facility has been providing additional Activity Staff to ensure that our Residents have plenty to do. The facility is continually receiving updated advice from the NSW Department of Health in regards to the current pandemic. We are hopeful to be able to resume regular activities as soon as is possible. Fortunately, we will continue to have some of our Volunteers working away outside the Facility and some Volunteers to provide one on one room visits.

Daily activities are written up on the whiteboard near the lift each day.

RESIDENTS' BIRTHDAYS THIS MONTH

20 th February	Henry Taylor
22 nd February	Louise Bozac
22 nd February	Maria Otten

The monthly birthday cake will be celebrated on
Friday, 12th February at 9:45am.

FEBRUARY 2021 HAPPENINGS

Monday	1st	10:00am	Sharyn visits: 1 on 1 room visits
Tuesday	2nd	1:30pm	Video Concert in Main Lounge
Tuesday	2 nd	3:00pm	Nail Care and Hand Massages
Wednesday	3rd	11:00am	Men's Group
Wednesday	3rd	12:00pm	Barbecue Lunch
Thursday	4th	9:30am	Be & Co Café
Monday	8 th	10:00am	Sharyn visits: 1 on 1 room visits
Tuesday	9 th	1:30pm	Video Concert in Main Lounge
Thursday	14th	9:30am	Be & Co Café
Friday	12 th	9:45am	Residents Birthday Cake
Friday	12 th	2:30pm	Valentines Happy Hour
Monday	15 th	10:00am	Sharyn Visits: 1:1 Room visits
Monday	15th	11:15am	Residents Focus Group
Tuesday	16th	1:30pm	Video Concert in Main Lounge
Wednesday	17th	12:00pm	Pizza Party
Thursday	18th	9.30am	Be & Co Café
Friday	19 th		Podiatry
Monday	22 nd	10:00am	Sharyn Visits: 1 on 1 room visits
Monday	22nd	2:00pm	Hawkesbury Library
Tuesday	23 rd	1:30pm	Video Concert in Main Lounge
Check the program board for daily activities			

Residents' Valentine's Day
Happy Hour
Friday 12th February
at 2:30pm

ADDITIONAL LINKS AVAILABLE FOR FAMILY & FRIENDS

We do realise that this is a difficult time for everyone with restrictions on visiting your loved one as you usually would. We still have in place some iPhones for Face Time and a Tablet equipped with Skype and Zoom for our Residents to use to speak with you with our assistance.

Please arrange this during office hours so we can make a suitable time with you to make these calls. We are more than happy to help our Residents do this so they can speak with you.

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 are welcome to use storage provided in the O'Grady room fridge. 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 2001

Mike walked into a post office just before Valentine's day. He couldn't help noticing a middle-aged, balding man standing in a corner sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Channel perfume and started spraying scent over the envelopes.

By now Mike's curiosity had got the better of him, and so I asked the man why he was sending all those cards. The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?'"

"But why?" asked Mike.

"I'm a divorce lawyer," the man replied.

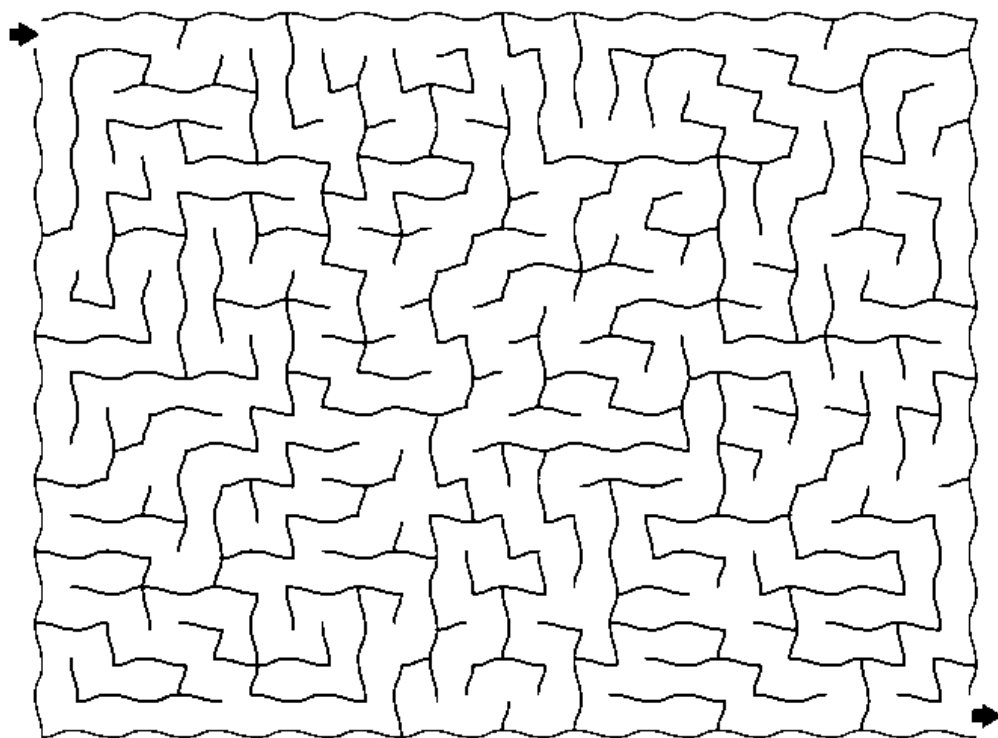
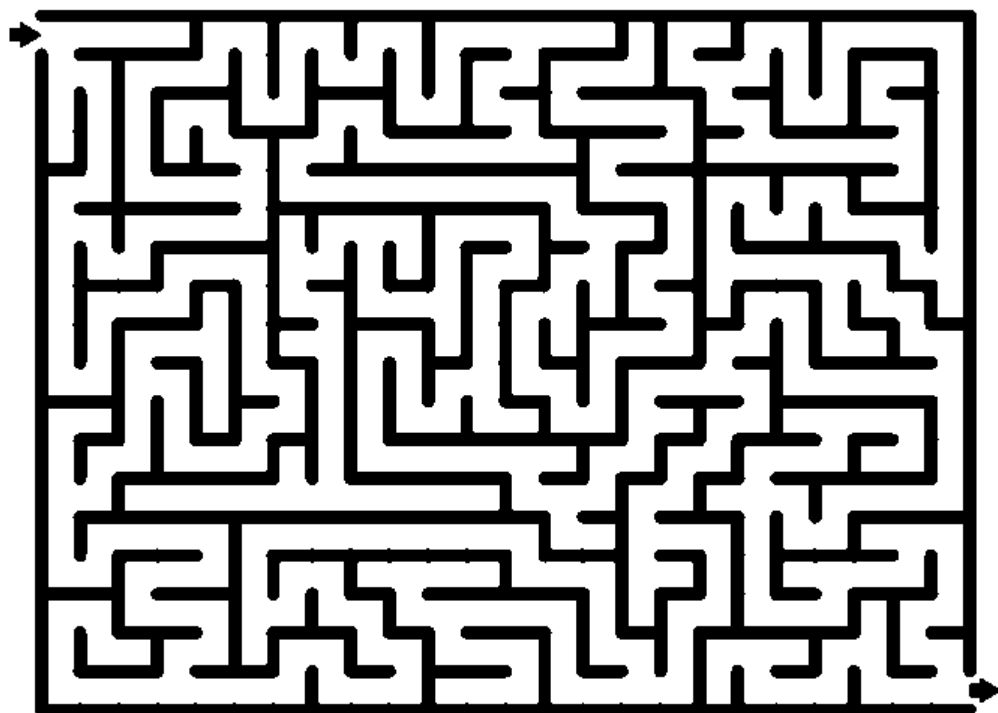
I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books.

After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally, he unearthed one of the rubber stamps I used to identify reference books. "Since I couldn't find the right engagement ring," he said, "this will have to do," and he firmly stamped my hand. Across the back of my hand, in capital letters, it read "**NOT FOR CIRCULATION.**"

CAR PARTS

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

AIRBAG	CARBURETOR	FRAME	MUFFLER
ALTERNATOR	CHASSIS	FUSE	RADIATOR
AXLE	CLUTCH	GEARBOX	RADIO
BATTERY	CRANKCASE	HEADLIGHT	SEATBELT
BODY	DEMISTER	HOOD	STARTER
BONNET	DIFFERENTIAL	HORN	SUSPENSION
BOOT	DOOR	IGNITION	TAILLIGHT
BRAKE	DRIVESHAFT	MIRROR	WHEELS
BUMPER	ENGINE	MUDGUARD	WINDSHIELD



SOCIAL WELLNESS OFFICER, BROOKE

Brooke has come to join us in the newly created role of Social Wellness Officer. With her background and education in psychology and divisional therapies, she will be assessing and identifying each resident's needs and co-ordinate these needs with Community Groups, Activities team, our Clinical team, Allied Health professionals, volunteers and family members to provide a meaningful and holistic approach to their care.

Welcome Brooke! We are so excited to have you join our team.

ORIGIN OF VALENTINE'S DAY

Valentine's Day **is a day** when lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that birds begin mating in the northern hemisphere in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States, Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico and South Korea. In the Philippines, it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends.



SOCIAL WELLNESS OFFICER, BROOKE



Louie



Audrey and Louie



Zena, Jodie and Louie



Maria and Louie