

FITZGERALD NEWS & VIEWS

February 2026



13th February – Theme Day: Valentine’s Day

17th February – Shrove Tuesday

18th February – Theme Day: A Taste Of History

19th February – Special Performance: Kristy Lee



Lyne, Mary & Zeila



Isabel



Joan



Cooking Club

Dear Residents, Families, and Friends,

Welcome to February! I hope your year has started with joy, good health, and new energy. January was filled with memorable moments—from Helga’s beautiful 100th birthday celebration to our lively Australia Day festivities. Thank you to everyone who helped make the month special.

This February, we look forward to several exciting events including our “Taste of History” theme day, a romantic Valentine’s Day celebration, and a sweet Shrove Tuesday Pancake activity. We’re also welcoming a special guest performance by Kristy Lee and starting a **trial of afternoon seated exercise sessions**—a new initiative following feedback from our Resident Focus Group to help improve accessibility for those with busy mornings.

We’ve been notified by the Department of Health and ACNA that our annual Residents’ Experience Survey will take place in February. This is a great opportunity for residents to share feedback about their care and experience at Fitzgerald. Once the date is confirmed, we’ll display it on the facility posters and noticeboard. Residents, families, and representatives are encouraged to participate or reach out to staff for more information.

At our January Resident Focus Group meeting, we were pleased to see strong participation and thoughtful contributions from residents. These sessions continue to provide valuable insight into what matters most to our community. We are currently working through the feedback received and appreciate everyone's input. As always, key matters have been shared with the Governing Body to help guide ongoing improvements and planning.

Lastly, don't forget that our **Consumer Advisory Body**—held through our monthly Resident Focus Group meetings—is a great opportunity for residents and families to share ideas and influence decisions. Everyone is welcome to attend or provide feedback through our usual channels.

Wishing you all a month filled with warmth, connection, and wellbeing.

Warm regards,
Solomon Kebede, RN
Facility Manager



A Celebration of Love & Friendship



Each February, Valentine's Day gives the world a chance to celebrate love in all its forms. For many our minds might go straight to romantic love, but let's not forget the love within friendships, family, and even the small kindnesses that make life just that much sweeter. While today we associate Valentine's Day with cards, flowers, and chocolates, its history stretches back many centuries.

The day is named after Saint Valentine, a figure surrounded by legend. One popular story tells of a Roman priest who secretly performed weddings at a time when marriage was forbidden for young soldiers. When his actions were discovered, he was imprisoned, and it is said he signed a letter to a friend "from your Valentine," a phrase we still use today.

Valentine's Day cards became popular in the 1700s, and by the Victorian era, elaborate handmade cards decorated with lace and ribbons were all the rage. Interestingly, Valentine's Day remains one of the busiest days of the year for sending cards, second only to Christmas.

Around the world, Valentine's traditions can be quite amusing. In Japan it is women who give chocolates to men, and a month later on "White Day," the men return the favour. In Finland, the day is known as *Friend's Day*, where people celebrate friendships rather than romance. And in parts of Italy, couples once believed that the first man a woman saw on Valentine's morning would be the one she would marry; a tradition that probably caused more than a few raised eyebrows!

Whether remembered through past loves, cherished friendships, or simple moments of kindness, Valentine's Day reminds us that love, in all its forms, is worth celebrating and sharing.



Birthdays This Month



4th February	Patricia Moleman
7th February	Dawn Serisier
17th February	Elaine Mc Innes
22nd February	Louise Bozac
26th February	Ian Anderson
27th February	Brian Brooks

The monthly birthday cake will be celebrated on Friday 27th February, 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 Barbara Shaw. 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 Barbara will live on and always be cherished.

Special Events

Friday	13th	Theme Day: Valentine's Day Lunch
Wednesday	18th	Theme Day: A Taste Of History
Thursday	19th	Special Guest Performer; Kristy Lee

Sunday	1st	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	2nd	9:15am	Exercises
		10:00am	Virtual Reality Travel Experience
		1:00pm	Afternoon Exercises
		1:30pm	Ron Plays Organ
Tuesday	3rd	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:00pm	Classic Cinema
Wednesday	4th	9:15am	Exercises
		10:30am	Mel's Music
		1:30pm	Classic Cinema
Thursday	5th	9:15am	Armchair Yoga
		10:30am	Reflex Response Game
		1:15pm	Shopping Bus Trip
Friday	6th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Teamific Global Quiz
Saturday	7th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	8th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	9th	9:15am	Armchair Yoga
		10:30am	Anglican Church Service
		1:00pm	Afternoon Exercises
		1:30pm	Board Game Club
Tuesday	10th	9:00am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:00pm	Mel's Green Thumbs
Wednesday	11th	9:15am	Exercises

		10:30am	Catholic Church Service
		10:30am	Lisa Reads Short Stories
		1:30pm	Cooking Club
Thursday	12 th	9:15am	Exercises
		10:30am	Let's Get Physical
		1:30pm	Reminiscence
Friday	13 th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	Theme Lunch: <i>Valentine's Day</i>
		1:15pm	Music Therapy with Peter
Saturday	14 th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	15 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	16 th	9:15am	Exercises
		11:15am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	Bonus Quiz
Tuesday	17 th		Shrove Tuesday
		9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Pancake Day Activity
Wednesday	18 th	9:15am	Armchair Yoga
		10:30am	Fiona Reads Short Stories
		12:00pm	Theme Day Lunch: <i>A Taste Of History</i>
		1:30pm	Let's Have Some Fun
Thursday	19 th	9:15am	Exercises
		9:30am	Stay On Bus Trip
		1:15pm	Guest Performer: Kristy Lee

Friday	20th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Classic Cinema & Nail Care
Saturday	21st	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
Sunday	22nd	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	23rd	9:15am	Armchair Yoga
		10:00am	Outside Morning Tea Picnic
		1:00pm	Afternoon Exercises
		1:30pm	Whiteboard Games
Tuesday	24th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Paint & Sip
Wednesday	25th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:30pm	Cooking Club
Thursday	26th	9:00am	Exercises
		10:30am	VR Travel Experience
		1:30pm	Ron Plays The Organ
Friday	27th	9:00am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	28th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News

* Timetable subject to change

Mental Health Corner - Connection, Kindness and the Heart

February is often associated with hearts, love, and relationships. While it can be a time for romance, it's also a wonderful reminder of the many different kinds of connection that support our mental and emotional wellbeing. Friendships, family bonds, shared laughter, and simple acts of kindness all play an important role in helping us feel valued and cared for.

Strong social connections have been shown to improve mood, reduce feelings of loneliness, and support overall mental health. Here at Fitzgerald, connection doesn't have to be complicated. You can find it in a friendly chat, joining in a shared activity, and even in the quiet moments spent together.

Here are a few gentle ways to nurture connection this month:

1. **Show kindness** – A smile, a compliment, or a kind word can brighten someone's day, including your own!
2. **Spend time together** – Sitting with others at meals, joining group activities, or enjoying a conversation in the lounge can help build meaningful relationships.
3. **Reach out** – If you haven't spoken to someone in a while, February is a lovely time to reconnect with family, friends, or fellow residents. Why not join our weekly Morning Tea and Conversation Club.
4. **Accept support** – Allowing others to help or simply listen can strengthen bonds and remind us we're not alone.
5. **Care for your emotional heart** – Take time to do things that bring you comfort and joy, whether that's music, reading, time outdoors, or quiet reflection.

Love isn't only something we give to others, it's also something we show ourselves. Being patient, gentle, and understanding with your own feelings is just as important as caring for those around you.

If you're feeling lonely or finding relationships challenging, please speak with our Social Wellness Officer or a member of staff. We're always here to support you.

This February, let's celebrate all the ways connection and kindness help keep our hearts and our minds feeling healthy and strong.

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

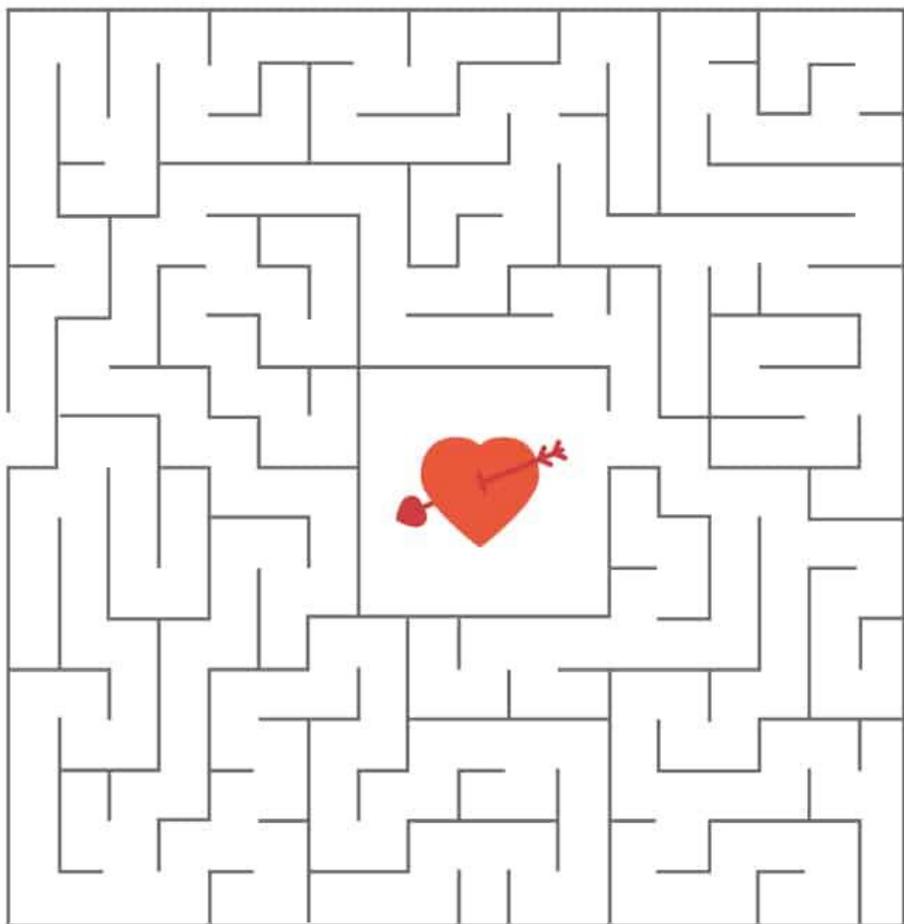
Sydney NSW 2000

VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

Happy Valentine's Day!

START
HERE ▶



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Zeila Collins

Complete this month's Valentine's Day themed word search & show it to our RAO staff for your chance to win a sweet prize. Go on, don't let the chance slip through your heart! You'd be lovestruck to miss it!

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

Sweetheart

Heart

Affection

Roses

Romance

Passion

Valentine

Love

Chocolate

Kisses

Date

Cupid



