

# **FITZGERALD NEWS & VIEWS**

## ***August 2025***



**4<sup>th</sup> August – Theme Day: *Alice In Wonderland***  
**7<sup>th</sup> August – Hawkesbury Song Performance**  
**13<sup>th</sup> August – Special Guest Performance**  
**21<sup>st</sup> August – Theme Day: *Country Fair Extravaganza***



Patrick, St. Nick & Mavis



Kris Kringle & Betty



Nicholas & Joan



Jolly Ole Saint Margaret

Dear Residents, Families, and Friends,

As we wrap up a joyful and creative July, I want to thank everyone for their continued enthusiasm and participation in life at Fitzgerald. Last month was packed with colour, music, and meaningful connection. We proudly celebrated NAIDOC Week, embraced the winter spirit with our Christmas in July Theme Day, and showcased our residents' incredible creativity during the Winter Art Soirée. Our new performer, Paul Leventhal, brought great energy to the home, and bunny rabbit therapy brought comfort and smiles. We were also excited to see the return of the monthly Shopping Bus and Stay-On Bus Trips, giving residents more opportunities for fun outings and fresh air.

Looking ahead, August is shaping up to be just as magical. Our residents will be whisked away to a whimsical world during the Alice in Wonderland Theme Day, followed later by a lively Country Fair Extravaganza, a celebration of music, food, and community. We're also thrilled to welcome Greg Dimmock for a special performance, along with another highlight: the Hawkesbury Song group sharing their musical talents with us. Adding to the month's vibrance, we'll enjoy two visits from the students at St Matthew's Primary School, continuing to strengthen this cherished intergenerational connection.

Behind the scenes, our preparations for the new **Aged Care Quality Standards** remain ongoing. Staff education and systems alignment are progressing well ahead of the updated 1 November 2025 implementation date, ensuring our commitment to safe, high-quality, person-centred care remains at the heart of everything we do.

As always, thank you to our staff, residents, families, and volunteers for your dedication, encouragement, and feedback. Your voices help us grow and continue building a community where everyone feels seen, valued, and at home.

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

## Alice In Wonderland – A Curious Classic Throughout The Ages

This month, we take a tumble down the rabbit hole into the extraordinary world of *Alice's Adventures in Wonderland*. A book that has been baffling, charming and delighting readers since it was first published 160 years ago in 1865.

The story began one summer's day when author Lewis Carroll (whose real name was actually Charles Dodgson), a mathematics lecturer at Oxford, took a boating trip with three young sisters. To pass the time, he spun a tale about a girl named Alice who fell down a rabbit hole and into a world of talking animals, strange riddles, and very unusual tea parties. One of the girls, Alice Liddell, begged him to write it down, and the rest is literary history.

Since then, *Alice in Wonderland* has never gone out of print. It has been translated into over 170 languages and adapted into more than 30 films, not to mention stage plays, ballets, operas, and even video games. Walt Disney's 1951 animated film remains a favourite, filled with colour, song, and that famously grinning Cheshire Cat. Later versions, including Tim Burton's 2010 live-action film starring Johnny Depp, brought a darker, dreamlike twist to the tale.

Queen Victoria was such a fan of *Alice* that she requested a copy of Lewis Carroll's next book. He dutifully sent her his next work titled '*An Elementary Treatise on Determinants*,' which was a dry mathematical text. It's unclear whether she ever finished it.

This strange and whimsical story still captures imaginations around the world, no matter our age. Whether you read it as a child, saw it in a film, or dressed up for a Mad Hatter's Tea Party, *Alice in Wonderland* holds a special kind of magic—one that never quite plays by the rules.

So, here's to getting lost in nonsense, chasing white rabbits and believing as many as six impossible things before breakfast.



## Birthdays This Month



<b>13<sup>th</sup> August</b>	<b>Sylvia Cooke</b>
<b>18<sup>th</sup> August</b>	<b>Kathleen Hetherington</b>
<b>24<sup>th</sup> August</b>	<b>Patricia Dyer</b>
<b>26<sup>th</sup> August</b>	<b>Jean Quinn</b>

The monthly birthday cake will be celebrated on Friday 29<sup>th</sup> August, 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.

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## A Heartfelt Farewell



Last month, we bid heartfelt goodbyes to Geoff Middleton, Marie Brown, and Yvonne Williams. They will be deeply missed by all of us, and our thoughts and deepest sympathies go out to their families and friends during this difficult time. Our memories of Geoff, Marie and Yvonne will always be cherished.

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## Special Events

<b>Monday</b>	<b>4<sup>th</sup></b>	<b>Theme Lunch – Alice In Wonderland</b>
<b>Thursday</b>	<b>7<sup>th</sup></b>	<b>Hawkesbury Song</b>
<b>Wednesday</b>	<b>13<sup>th</sup></b>	<b>Special Guest Performer: Greg Dimmock</b>
<b>Thursday</b>	<b>21<sup>st</sup></b>	<b>Theme Lunch – Country Fair Extravaganza</b>

<b>Friday</b>	<b>1<sup>st</sup></b>	<b>9:00am</b>	<b>Podiatrist Visit</b>
		<b>9:15am</b>	<b>Exercises</b>
		<b>10:00am</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>2<sup>nd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>Short Stories</b>
<b>Sunday</b>	<b>3<sup>rd</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>4<sup>th</sup></b>		<b>Theme Day: Alice In Wonderland</b>
		<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Hang Man</b>
		<b>1:30pm</b>	<b>Game: Pick The Sound</b>
<b>Tuesday</b>	<b>5<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>2:00pm</b>	<b>Jen &amp; Catherine's Farewell</b>
<b>Wednesday</b>	<b>6<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Let's Have Some Fun</b>
		<b>1:30pm</b>	<b>Teamific Global Quiz</b>
<b>Thursday</b>	<b>7<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Quizzes</b>
		<b>1:15pm</b>	<b>Shopping Bus</b>
		<b>5:30pm</b>	<b>Hawkesbury Song</b>
<b>Friday</b>	<b>8<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</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>9<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>10<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>

<b>Monday</b>	<b>11<sup>th</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: True Of False</b>
<b>Tuesday</b>	<b>12<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>White Board Games with Judy</b>
		<b>1:30pm</b>	<b>St. Matthew's Primary Visit</b>
<b>Wednesday</b>	<b>13<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 Short Stories</b>
		<b>1:30pm</b>	<b>Special Performer: Greg Dimmock</b>
<b>Thursday</b>	<b>14<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Stay On Bus Trip</b>
		<b>1:30pm</b>	<b>Let's Have Some Fun</b>
<b>Friday</b>	<b>15<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</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>16<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Bingo with Maureen</b>
		<b>12:45pm</b>	<b>History Of The Hawkesbury</b>
<b>Sunday</b>	<b>17<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>18<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>11:15am</b>	<b>Residents Focus Group Meeting</b>
		<b>1:30pm</b>	<b>Karaoke</b>
<b>Tuesday</b>	<b>19<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>20<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Fiona Reads Short Stories</b>
		<b>1:30pm</b>	<b>Cooking Club</b>



<b>Thursday</b>	<b>21<sup>st</sup></b>		<b>Theme Day: Country Fair Extravaganza</b>
		<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Let's Have Some Fun</b>
		<b>1:30pm</b>	<b>Sing-A-Long</b>
<b>Friday</b>	<b>22<sup>nd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</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>23<sup>rd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Bingo with Lisa</b>
		<b>12:45pm</b>	<b>Read The News</b>
<b>Sunday</b>	<b>24<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>25<sup>th</sup></b>	<b>9:00am</b>	<b>Podiatrist Visit</b>
		<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</b>	<b>Reminiscence</b>
		<b>1:30pm</b>	<b>Volleyball</b>
<b>Tuesday</b>	<b>26<sup>th</sup></b>	<b>9:00am</b>	<b>Exercises</b>
		<b>9:15am</b>	<b>Bingo With Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>1:30pm</b>	<b>St. Matthews Primary Visit</b>
<b>Wednesday</b>	<b>27<sup>th</sup></b>	<b>9:00am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Catholic Church Service</b>
		<b>10:30am</b>	<b>Fiona Reads Short Stories</b>
		<b>1:30pm</b>	<b>Game: Colour Ball</b>
<b>Thursday</b>	<b>28<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Activity: This Month In Review</b>
		<b>1:30pm</b>	<b>Ron Plays The Organ</b>
<b>Friday</b>	<b>29<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:00am</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>30<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>31<sup>st</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>

\* Timetable subject to change

## **Mental Health Corner - Connection & Community**

Good mental health flourishes in an environment of connection and belonging. As we age, we may find our social circles changing, but one thing remains constant—our need for meaningful relationships. Feeling connected to others, sharing laughter, stories, or even just a quiet moment, can have a powerful impact on our emotional wellbeing.

Social connection has been shown to reduce stress, boost mood, improve sleep, and even protect against cognitive decline. In a home like Fitzgerald, there are many opportunities to build and nurture relationships, whether it's forming new friendships, rekindling old hobbies with like-minded residents, or simply enjoying a chat with a staff member or volunteer.

Here are some small but meaningful ways to stay connected:

1. **Join in group activities** – Whether it's bingo, music sessions, paint & sip, our gardening and cooking clubs, shared interests are a great way to meet others and feel part of something.
2. **Start a conversation** – A simple “hello” or asking someone about their day can open the door to deeper friendships.
3. **Be present** – Whether in the loungeroom, dining room, or during special event days, sometimes simply being in the presence of others can lift our spirits and help you feel part of the community.
4. **Reconnect with loved ones** – Phone calls, letters, or video chats with family and friends outside the home are still vital. If you'd like help with this, our team is here to assist.
5. **Support one another** – Sometimes offering a listening ear or a kind word to a fellow resident can not only brighten their day, but yours too.

Remember, social connection doesn't always mean big gatherings or loud conversations. Even small, quiet moments of companionship matter. You are a valued member of our community, and your presence brings something special to those around you.

If you're ever feeling isolated or unsure how to get involved, please speak to our Social Wellness Officer or a member of staff. We're always happy to help you feel more connected.

Together, let's continue building a warm, welcoming, and caring home for everyone.

## **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:

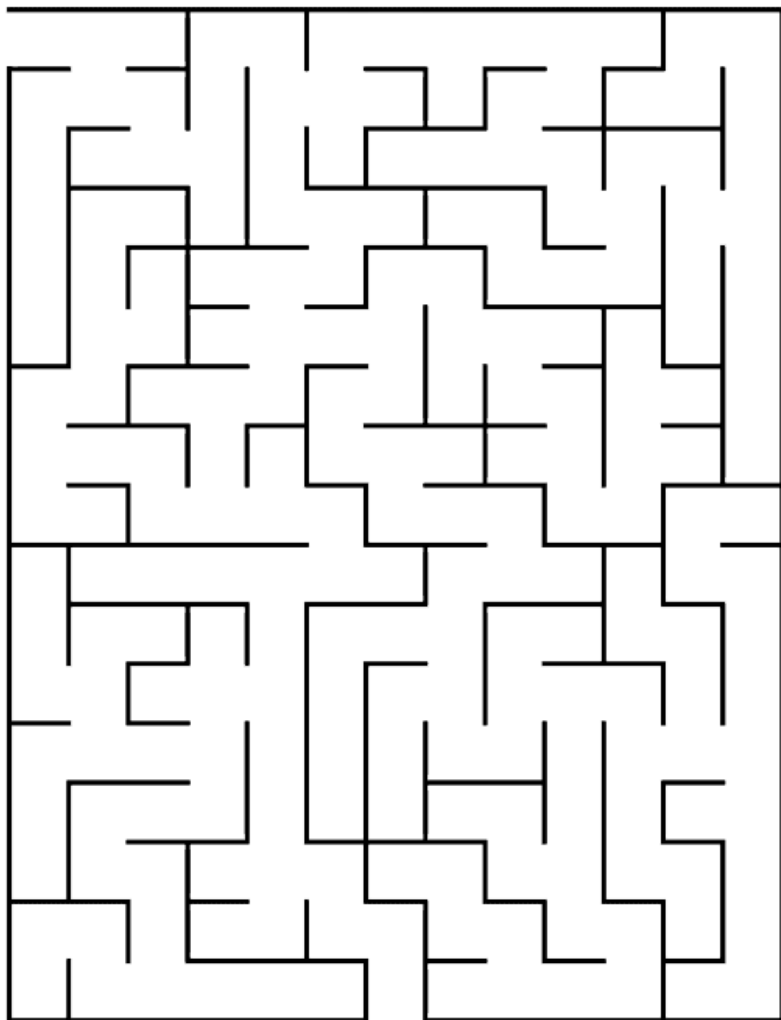
Aged Care Quality Safety Commission  
GPO Box 9819

Sydney NSW 2000

# Alice in Wonderland Maze

Help Alice catch up with the White Rabbit.

Start



Finish



# WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

**Zeila Collins**

Complete this month's Alice In Wonderland themed word search and show it to our amazing RAO staff for your chance to win a delicious prize!

"Have I gone mad? I'm afraid so, entirely Bonkers!! But I'll tell you a secret...

All the best people are!"

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

Cards

Wonderland

Cheshire

Tea

Queen

Caterpillar

Looking Glass

Rabbit

Alice

Dormouse

Madhatter

Jabberwocky



Keith & Mr Nibbles



Elizabeth & Bugs



Pam & Dorian



Isabel, Rojina & Roger





Mary's 21<sup>st</sup> Birthday Celebration



Resident's Winter Art Soirée



Resident's Winter Art Soirée