

FITZGERALD NEWS & VIEWS

September 2025



5th September - Father's Day Lunch

5th September - Magic Show

16th September - Theme Day: *Talk Like A Pirate Day*

20th September – Special Performer ELVIS



Colleen



John & Tayla



Louise



Margaret & Joanne

Dear Residents, Families, and Friends,

As spring begins, Fitzgerald continues to blossom with colour, activity, and community spirit. August was filled with celebration, from the imaginative Alice in Wonderland theme day to the lively Country Fair Extravaganza. Residents enjoyed music performances from Greg Dimmock and Hawkesbury Song, and we came together to farewell two beloved staff members, Cath and Jen, with heartfelt appreciation. A highlight of the month was our trivia team placing 9th out of 300 in the global Teamific Quiz; an outstanding achievement that reflects the joy and engagement of our residents.

Looking ahead, September promises more exciting moments. We'll celebrate the father figures in our community with a special Father's Day Lunch and Magic Show, observe R U OK? Day with meaningful conversations, and embrace the fun of International Talk Like a Pirate Day. We will also farewell Rev. Chris Jones with a final Anglican church service and morning tea, recognising his faithful service. Residents can also look forward to the return of our Shopping Bus and Stay-On Bus Trips, and another visit from the students of St. Matthew's Primary School, continuing to nurture intergenerational joy.

On the operational front, we continue to prepare for the Strengthened Aged Care Quality Standards and Aged Care Act 2024, commencing on 1 November 2025. Staff training and policy reviews are ongoing to ensure we're ready for full compliance while maintaining our focus on safe, person-centred care. As part of our broader digital transformation, we're progressing with the migration to

SharePoint, improving data security, disaster recovery, and efficiency across departments; key investments in our commitment to continuous improvement and safeguarding sensitive information.

We are also moving ahead with our long-standing plan to expand services. Our proposal for a 24-bed extension, for which development approval has been secured, is a critical step in meeting the growing aged care needs of the Hawkesbury region. While government funding has not yet been made available due to current classification models, we continue to advocate strongly for investment that will support our community's future.

A major infrastructure milestone was recently achieved with the successful installation of our new backup generator. This substantial investment strengthens our emergency preparedness, ensuring continuity of care and essential services in the event of power outages; demonstrating our commitment to resident safety and service resilience.

Lastly, we have welcomed new casual staff, student placements, and volunteers, all contributing positively to the life of our home. I remain grateful for the efforts of our team, the engagement of our residents, and the support of families and friends who make Fitzgerald a place of genuine care and connection. As always, your feedback, stories, and suggestions are warmly welcome.

Warm regards,
Solomon Kebede, RN
Facility Manager

Father's Day – A Time To Honour Dads

Father's Day is a special time of year to recognise the love, guidance, and influence of fathers and father figures in our lives. In Australia, Father's Day is celebrated on the first Sunday in September. This makes us a little different from many other countries, such as the United States and the United Kingdom, where the day is marked in June.

The idea of celebrating fathers began in the early 20th century, inspired by the success of Mother's Day. One of the first known Father's Day events was held in Washington State, USA, in 1910. It was organised by Sonora Smart Dodd, who wanted to honour her father, a single parent who had raised six children after the death of his wife. Her efforts gradually spread, and the tradition took hold around the world.

In Australia, Father's Day has been celebrated since at least the 1930s with various community events, church services, and, of course, plenty of gifts of socks, ties, and breakfasts in bed. Many families today celebrate with barbecues, outings, or quiet gatherings at home.

In 2003, residents of a small town in Croatia celebrated Father's Day by making what was recorded as the world's largest necktie. It measured a whopping 800 metres and was wrapped around the town's central square. It was a playful nod to one of the most classic (and sometimes joked-about) Father's Day gifts – the necktie.

Whether through flowers, cards, or simply spending time together, Father's Day is the perfect time to remember those who have played a fatherly role in our lives and to say a big “thank you” to Father's everywhere.



Birthdays This Month



2nd September	Lilian Durrington
15th September	Rosa Palacios
22nd September	Judith Gardiner
30th September	Keith Plant

The monthly birthday cake will be celebrated on Friday 26th September, 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 heartfelt goodbyes to Mary Wykes and Sylvia Cooke. 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 Mary and Sylvia will always be cherished.

Special Events

Friday	5th	Father's Day Lunch Celebration
Friday	5th	Special Performance: <i>Magic Show</i>
Tuesday	16th	Theme Day: <i>Talk Like A Pirate Day</i>
Thursday	11th	R U OK DAY
Saturday	20th	Special Performer - <i>Elvis</i>

Monday	1st	9:15am	Armchair Yoga
		10:30am	Virtual Reality Experience
		1:30pm	August Recap
Tuesday	2nd	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Mix & Match Game
Wednesday	3rd	9:15am	Armchair Yoga
		10:30am	Teamific Global Quiz
		1:30pm	Colour Grab Game
Thursday	4th	9:15am	Exercises
		10:30am	Board Game Club
		1:15pm	Shopping Bus Trip
Friday	5th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
			Father's Day Lunch
		1:30pm	Special Performance: <i>Magic Show</i>
Saturday	6th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	7th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	8th	9:15am	Armchair Yoga
		10:00am	Anglican Church Service
		10:30am	<i>Farewell for Rev. Chris Jones</i>
		1:30pm	Karaoke Sing Along
Tuesday	9th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	White Board Games with Judy
		1:30pm	St. Matthew's Primary Visit
Wednesday	10th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories

		1:30pm	Cooking Club
Thursday	11 th	9:15am	Exercises
		10:30am	R U OK Day Workshop
		1:30pm	Let's Get Physical
Friday	12 th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Music Therapy with Peter
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	Residents Focus Group Meeting
		1:30pm	Memory Quiz
Tuesday	16 th		Theme Day: International Talk Like A Pirate Day
		9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Cannonball Toss Game
Wednesday	17 th	9:15am	Armchair Yoga
		10:30am	Fiona Reads Short Stories
		1:30pm	Reminiscence
Thursday	18 th	9:15am	Stay On Bus Trip
		1:30pm	Let's Have Some Fun
Friday	19 th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Classic Cinema & Nail Care
Saturday	20 th	9:15am	Armchair Yoga
		10:30am	Bingo with Lisa
		1:15pm	Special Performer: <i>Elvis</i>
Sunday	21 st	10:15am	Catholic Service

		1:30pm	Sunday Movie
Monday	22nd	9:15am	Armchair Yoga
		10:30am	Virtual Reality Experience
		1:30pm	World Gratitude Day Activity
Tuesday	23rd	9:00am	Exercises
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Let's Get Active
Wednesday	24th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:30pm	Cooking Club
Thursday	25th	9:15am	Armchair Yoga
		10:30am	Quizzes
		1:30pm	Ron Plays The Organ
Friday	26th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Music Therapy with Peter
Saturday	27th	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
Sunday	28th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	29th	9:00am	Podiatrist Visit
		9:15am	Armchair Yoga
		10:00am	Picnic Morning Tea with Melissa
		1:30pm	Who Am I? Quiz
Tuesday	30th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games With Judy
		1:30am	September Recap

* Timetable subject to change

Mental Health Corner - The Power Of Routine

When life feels uncertain, one of the most comforting things we can lean on is routine. Having a daily rhythm helps give our days a sense of order and purpose. For older adults, especially in residential care, keeping regular routines can play an important role in maintaining good mental health and overall wellbeing.

Routines don't have to be complicated, something just as simple as having a favourite chair to enjoy your morning cup of tea, taking a short walk after lunch, or joining in your favourite daily activities with our wonderful RAO team can make a big difference. These patterns create a sense of familiarity and stability which can help ease feelings of stress and anxiety.

Research has shown that consistent routines can help improve sleep quality, boost energy, and support memory. They can also provide us with small moments to look forward to like the joy of Pete's music on a Friday afternoon or the comfort of a fantastic cooked meal from Mary's kitchen.

Here are a few ways to embrace the benefits of routine:

1. **Start your day well** – A calm morning routine sets the tone for the rest of the day. This might be enjoying a cup of coffee, reading the newspaper, or sharing breakfast with the friends at your table.
2. **Include movement** – Gentle stretches in our Armchair Yoga and a short wander with our walking group can improve mood and physical health.
3. **Balance activity and rest** – A good routine includes both stimulating activities and also quiet time for rest and reflection.
4. **Celebrate traditions** – Weekly, monthly and seasonal rituals such as theme days, special lunches, holidays and religious festivals add joy and continuity to our days.

Remember, routines are not about strict schedules. They are about creating comfort, stability, and meaning in our everyday lives. By embracing small and steady patterns we can enhance both our mental wellbeing and our enjoyment of each day.

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

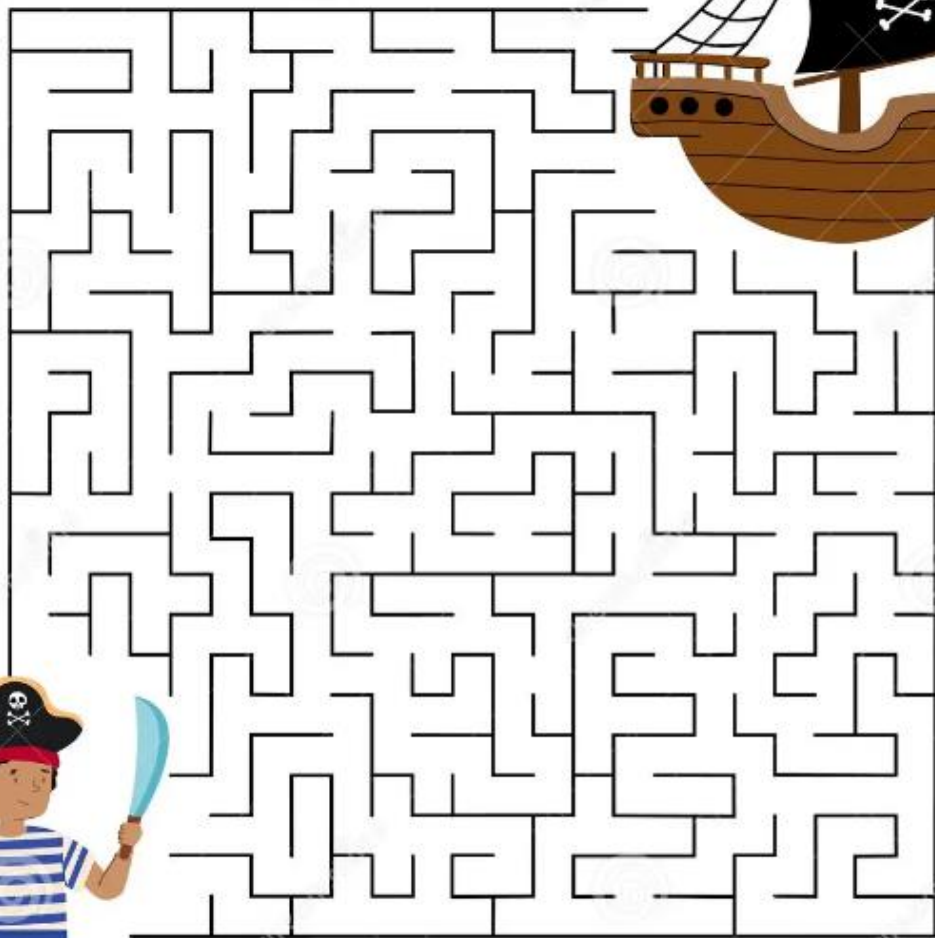
Or online to:

agedcarequality.gov.au

Or in writing to:

Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000

Can you solve the **Pirate Maze**



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Louise Bozac & Paul Kirkman

Ahoy mateys! Complete this month's Pirate themed word search and show it to our trusty RAO crew for your chance to claim a tasty bounty.

May yer eyes be sharp and yer luck even sharper!

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

Treasure

Parrot

Shipwreck

Gold

Buccaneer

Rum

Compass

Sword

Cannon

Plank

Skull

Jolly Roger



Pamela & Mavis



June, Melissa & Jen



Rosa & Jen



Dawn & Melissa



Elizabeth & Tonya



Margaret & Mary



Lunch outing to the Clarendon Tavern