

FITZGERALD

News & Views

Australia Day

January 26th



January 2018

ANNAGRAMS

Another year is over but what a year it was: a change of management, the refurbishment finished and the welcoming of many new staff and residents to our facility.

The lead up to Christmas was wonderful with performances by the local choir, scouts and primary school. Our Volunteer and Resident Christmas Party was the icing on the cake. As usual, our Kitchen staff did an amazing job catering. The food was delicious and it was great to see everyone enjoying themselves.

The partying will continue for many with New Year's Eve just around the corner. Each year we are treated to a fireworks extravaganza next door, and look forward to seeing what they have in store this year under the new name, Crown Plaza. Be safe where ever you are.

Don't forget, if you are going away with family, to give us at least a week's notice so we can arrange for any medication you may need to be ready.

SPECIAL EVENTS

| | | | |
|-----------|------------------|---------|-----------------------------------|
| Wednesday | 3 rd | 11:30am | BBQ Cooking |
| Wednesday | 3 rd | 12:00pm | BBQ Lunch |
| Monday | 15 th | 1:15pm | Friday Bus Trip |
| Wednesday | 17 th | 1:15pm | Tim Berther - Concert |
| Tuesday | 23 rd | 1:15pm | Robyn and Company - Entertainment |
| Monday | 29 th | 2:00pm | Hawkesbury Library Visit |



Sad News: Remember Chester, the Ridgeback dog who used to visit us? He passed away recently after a short illness. He had a good life and made a lot of people happy. Thanks a lot, Chester.

JANUARY HAPPENINGS

| | | | |
|-----------|------------------|---------|----------------------------------|
| Monday | 1 st | | Public Holiday New Year's Day |
| Tuesday | 2 nd | 9:00am | Hairdresser |
| Tuesday | 2 nd | 9:30am | Exercise Program |
| Tuesday | 2 nd | 10:30am | Walk in Garden |
| Tuesday | 2 nd | 2:00pm | Craft |
| Tuesday | 2 nd | 3:30pm | Relaxation Music |
| Wednesday | 3 rd | 9:00am | Bingo |
| Wednesday | 3 rd | 10:30am | Active Games |
| Wednesday | 3 rd | 11:30am | BBQ Cooking |
| Wednesday | 3 rd | 12:00pm | BBQ Lunch |
| Wednesday | 3 rd | 2:00pm | Camping Around Australia DVD |
| Wednesday | 3 rd | 3:30pm | Did You Know? |
| Thursday | 4 th | 9:00am | Exercise Program |
| Thursday | 4 th | 9:30am | Quiz |
| Thursday | 4 th | 10:30am | One-on-One Time |
| Thursday | 4 th | 2:00pm | Painting |
| Thursday | 4 th | 3:00pm | Music from Yesteryear |
| Friday | 5 th | 9:00am | Exercise Program |
| Friday | 5 th | 9:30am | Board Games |
| Friday | 5 th | 11:00am | Room Visits |
| Friday | 5 th | 11:00am | Knitting Group |
| Friday | 5 th | 1:15pm | Mystery Bus Trip |
| Saturday | 6 th | 10:30am | Bingo |
| Sunday | 7 th | 1:30pm | Afternoon Movie |
| Monday | 8 th | 9:00am | Exercise Program |
| Monday | 8 th | 10:30am | Anglicare Visit |
| Monday | 8 th | 11:30am | Quiz |
| Monday | 8 th | 2:00pm | Name That Tune |
| Tuesday | 9 th | 9:00am | Hairdresser |
| Tuesday | 9 th | 9:30am | Exercise Program |
| Tuesday | 9 th | 9:30am | Walk in Garden |
| Tuesday | 9 th | 11:00am | Let's Laugh |
| Tuesday | 9 th | 2:00pm | Craft |
| Wednesday | 10 th | 9:00am | Bingo |
| Wednesday | 10 th | 10:00am | Catholic Service |

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|-----------|------------------|---------|---|
| Wednesday | 10 th | 10:30am | Painting |
| Wednesday | 10 th | 1:30pm | Music in Lounge Room – Rest Time |
| Wednesday | 10 th | 3:00pm | Let's Laugh |
| Thursday | 11 th | 9:00am | Exercise Program |
| Thursday | 11 th | 9:30am | Quiz |
| Thursday | 11 th | 10:30am | One-on-One Time |
| Thursday | 11 th | 1:30pm | Music from Yesteryear |
| Thursday | 11 th | 2:30pm | DVD |
| Friday | 12 th | 9:00am | Exercise Program |
| Friday | 12 th | 10:00am | Room Visits |
| Friday | 12 th | 10:00am | Birthday Cake |
| Friday | 12 th | 11:00am | Knitting Group |
| Saturday | 13 th | 10:30am | Bingo |
| Sunday | 14 th | 1:30pm | Afternoon Movie |
| Monday | 15 th | 9:00am | Exercise Program |
| Monday | 15 th | 9:30am | Bingo |
| Monday | 15 th | 1:15pm | Friday Bus Trip |
| Monday | 15 th | 2:30pm | Relaxation Music |
| Tuesday | 16 th | 9:00am | Hairdresser |
| Tuesday | 16 th | 9:30am | Exercise Program |
| Tuesday | 16 th | 10:00am | Funny Facts |
| Tuesday | 16 th | 1:30pm | Memory Lane |
| Tuesday | 16 th | 3:00pm | Social Time – Chat to a Friend Next to You |
| Wednesday | 17 th | 9:00am | Bingo |
| Wednesday | 17 th | 10:30am | Active Games |
| Wednesday | 17 th | 1:15pm | Tim Berther - Concert |
| Wednesday | 17 th | 2:30pm | Afternoon Movie |
| Thursday | 18 th | 9:00am | Exercise Program |
| Thursday | 18 th | 9:30am | Board Games |
| Thursday | 18 th | 11:30am | One-on-One Time |
| Thursday | 18 th | 1:00pm | Music in O'Grady Room |
| Thursday | 18 th | 2:00pm | Afternoon Movie |
| Friday | 19 th | 9:00am | Exercise Program |
| Friday | 19 th | 10:00am | One-on-One Time |
| Friday | 19 th | 11:00am | Knitting Group |
| Friday | 19 th | 2:00pm | Board Games |

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|-----------|------------------|---------|-----------------------------------|
| Saturday | 20 th | 10:30am | Bingo |
| Sunday | 21 st | 1:30pm | Afternoon Movie |
| Monday | 22 nd | 9:00am | Exercise Program |
| Monday | 22 nd | 9:30am | Bingo |
| Monday | 22 nd | 2:00pm | Sing Along |
| Monday | 22 nd | 3:00pm | Memory Lane |
| Tuesday | 23 rd | 9:00am | Hairdresser |
| Tuesday | 23 rd | 9:30am | Exercise Program |
| Tuesday | 23 rd | 10:00am | Relaxation Music |
| Tuesday | 23 rd | 1:15pm | Robyn and Company - Entertainment |
| Tuesday | 23 rd | 2:30pm | Remember When? |
| Wednesday | 24 th | 9:00am | Bingo |
| Wednesday | 24 th | 10:00am | Cake Decorating |
| Wednesday | 24 th | 2:00pm | Craft |
| Wednesday | 24 th | 3:30pm | Relaxation Music |
| Thursday | 25 th | 9:00am | Exercise Program |
| Thursday | 25 th | 9:30am | Room Visits |
| Thursday | 25 th | 10:30am | One-on-One Time |
| Thursday | 25 th | 1:00pm | Music from Yesteryear |
| Thursday | 25 th | 2:30pm | One-on-One Time |
| Friday | 26 th | 9:00am | Exercise Program |
| Friday | 26 th | 9:30am | One-on-One Time |
| Friday | 26 th | 10:30am | Knitting Group |
| Friday | 26 th | 2:00pm | Board Games |
| Saturday | 27 th | 10:30am | Bingo |
| Sunday | 28 th | 1:30pm | Afternoon Movie |
| Monday | 29 th | 9:00am | Exercise Program |
| Monday | 29 th | 9:30am | Bingo |
| Monday | 29 th | 1:30pm | Did You Know? |
| Monday | 29 th | 2:00pm | Hawkesbury Library Visit |
| Tuesday | 30 th | 9:00am | Hairdresser |
| Tuesday | 30 th | 9:30am | Exercise Program |
| Tuesday | 30 th | 10:00am | Let's Laugh |
| Tuesday | 30 th | 1:30pm | Afternoon Movie |
| Wednesday | 31 st | 9:00am | Bingo |
| Wednesday | 31 st | 10:30am | Active Games |
| Wednesday | 31 st | 1:30pm | Theme Chat |

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|--|------------------|--------|-----------------------|
| Wednesday | 31 st | 2:30pm | Short Afternoon Movie |
| Check the program board for daily activities | | | |

THANK YOU to:

Bridges Disability Services for use of their bus,
 Chandlers Funerals for always supporting our raffles,
 David and Jim, our volunteer bus drivers,
 and all of our merry band of volunteers.

Our volunteers,
 Our entertainers,
 Everyone who supported our Christmas raffle with gifts,
 Bob, our excellent Barbecue cook.

CHRISTMAS RAFFLE RESULTS

We have banked \$3,200: that goes to the residents' fund for entertainment, outings and other things. We drew 57 winning tickets in total. Some of the winners are listed here. The full list is available at the office.

| | Item | Ticket | Name |
|---|---|--------|----------------|
| 1 | 2 nights stay, 2 adults at Mantra Ettalong Resort | 911 | Ted Boswell |
| 2 | Kitchen Aid 5 Speed Hand Blender | 831 | Winnie Thorpe |
| 3 | Hair and Beauty Items Gift Box | 1872 | Melinda Clark |
| 4 | Super Grill Portable BBQ and Webber BBQ Tool Set | 1507 | Kim Phillips |
| 5 | Blooms Chemist Gift Basket, Personal Care | 185 | Brooke |
| 6 | Cat 777D Off Highway Truck, Collectible | 1350 | Anne Jack |
| 7 | Windsor Funeral Home Food and Alcohol Hamper | 380 | Barry Williams |

IMPORTANT INFORMATION FOR RESIDENTS

CHARTER OF RESIDENTS' RIGHTS AND RESPONSIBILITIES

Fitzgerald Aged Care values the privacy of all people. We adhere to the Privacy Act 1988, the Privacy Amendment Act 2012 and the Australian Privacy Principles.

All residents have the right to comment, make suggestions or complain and Fitzgerald Aged Care has a Policy and Procedure which allows complaints to be heard. The Complaints and Comments "Birdhouse" is located in the foyer. See the manager or staff for more information on this procedure. (See section titled Complaints & Suggestions in this booklet).

Each resident of Fitzgerald Aged Care has the right to full and effective use of his/her personal, civil, legal and consumer rights.

- to quality care appropriate to his/her needs
- to full information about his/her own state of health and about available treatment
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect
- to live without discrimination or victimisation, and without being obliged to
- feel grateful to those providing his/her care and accommodation
- to personal privacy
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction
- to be treated and accepted as an individual, and to have his/her individual preferences taken into account and treated with respect
- to continue his/her cultural and religious practices and to keep the language of his/her choice without discrimination
- to select and maintain social and personal relationships with anyone else without fear, criticism and restriction
- to freedom of speech
- to maintain his/her personal independence

- to accept personal responsibility for his/her own actions and choices, even though these may involve an element of risk, because the resident has the right to accept the risk and not to have the risk used as grounds for preventing or restricting his/her actions and choices
- to maintain control over, and to continue making decisions about the personal aspects of his/her daily life, financial affairs and possessions
- to be involved in the activities, associations and friendships of his/her choice, both within and outside the residential care facility
- to have access to services and activities available generally in the community
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the residents care service
- to have access to advocates and other avenues of redress
- to be free from reprisal, or a well-founded fear of reprisal, in any form for taking action to enforce his/her rights
- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole
- to respect the rights of staff and to the proprietor to work in an environment free from harassment
- to care for his/her own health and well-being, as far as he/she is capable to inform his/her medical practitioner, as far as he/she is able, about his/her relevant medical history and current state of health.

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. Fitzgerald Aged Care has a documented process for reporting suggestions, improvements and complaints.

These forms are as follows:

- Feedback form for Complaints, Comments, Compliments
- Continuous Improvement Log

- Feedback Register

These forms can be located in the front foyer. If a concern, comment or complaint cannot be resolved to the complainant's satisfaction, the facility has a Complaints Committee available, made up of the Facility Manager, a resident and a Board Member. For further information please contact management.

Other avenues for further external complaints if required are as follows:

Aged Care Complaints Commissioner
Free call 1800 550 552

or in writing to:

Aged Care Complaints Commissioner
GPO Box 9848
Sydney NSW 2001

Memories of Animals

Kanangra-Boyd National Park, South of Jenolan Caves.

I had walked about 10 miles in rugged country and was tired. Trudging along a track, I saw a wombat coming toward me, not in any hurry, just ambling along. Wombats are mostly nocturnal and their eyesight in daylight is not much good. When he was getting close, I was prepared to get off the track (not easy, given the scrub around me.) When he had almost reached me and was still coming, I realized that he was quite prepared to walk over me if necessary. I jumped off the track and into the scrub just in time. Wombats are not dangerous unless they feel threatened. Their first line of defence is to go head first into their burrow and plug the entry with their bum, which is solid bone covered with tough hide and hair. If that is not an option, that can attack with their claws, which are heavy and sharp for digging for food. This fellow did neither, and I realized that I was walking on his track, and he was bugged if he was going to step aside for anyone. I learned a little respect for wombats that day.

NSW RIVERS

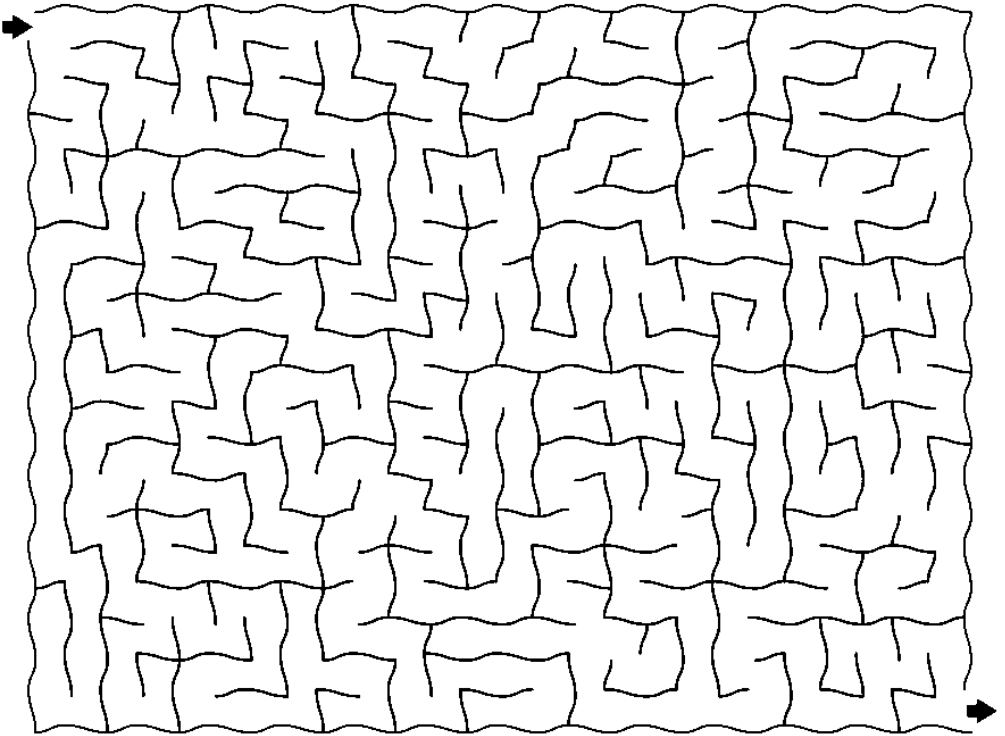
B A C O O L U M B O O K A G K
E R V A A L A M A R E B M I B
G O E O R H B E R M A G U I B
A B H G N W D U C K M A L O I
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C B A U H I N B O O M I B K P
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D U E U C O A O E E K X A M I
S B L D O R O P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

ABERCROMBIE
ABERFOYLE
AVON
BARCOONGERE
BARGO
BEGA
BELL
BELLINGER
BELUBULA
BEMBOKA
BERMAGUI

BIMBERAMALA
BIRRIE
BOBO
BOGAN
BOMBALA
BOOMI
BRUNSWICK
BUCKENBOWRA
CAPERTEE
CASTLEREAGH
CATARACT

COLDSTREAM
COLO
COOLONGOLOOK
COOLUMBOOKA
CORINDI
CROOKWELL
CRUDINE
CUDGEGONG
CULGOA
DUCKMALOI

ITS AMAZING



RESIDENTS' BIRTHDAYS THIS MONTH

| | |
|-------------------|--------------------------|
| Alan Wrench | 10 th January |
| Rhondda Carpenter | 10 th January |
| Zena Gough | 15 th January |
| Eduard Chmilevski | 22 nd January |

The monthly birthday cake will be celebrated on Friday, 12th January at 10:00am.



Fitzgerald ¶

Aged Care



2017·Giant·Christmas·Raffle¶

THANK·YOU!¶

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We would like to take this opportunity to thank all of the Families, Friends, Volunteers, Resident's, Staff, and amazing Sponsors who donated prizes and sold raffle tickets for this year's fundraiser. ¶

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Your generosity made this possible and we have had another very successful raffle! ¶

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All profits made will go directly to our Residents for activities and entertainers for 2018. ¶

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Thank you for your continued support. ¶