

FITZGERALD NEWS & VIEWS

January 2026



1st January – New Years Day

9th January – Pete the Magnificent's Music Hour

23rd January – Helga's 100th Birthday High Tea

27th January – Australia Day Celebrations



Dennis



Pamela



Louise



Sandy

Dear Residents, Families, and Friends,

Happy New Year! I hope the festive season brought you warmth, joy, and meaningful time with loved ones. December was a wonderful celebration of community here at Fitzgerald; from our Residents' and Volunteers' Christmas Party to the beautiful Remembrance and Thanksgiving Service. We were also treated to festive performances by the Hills Harmony Barbershop Chorus and Hawkesbury Song. We wrapped up the year in true style with a lively New Year's Eve celebration full of music and laughter.

Looking ahead, January is set to be just as vibrant. We'll be celebrating Australia Day, joining another round of the Teamific Global Quiz, and enjoying regular shopping bus outings and virtual reality experiences. One special highlight will be Helga's 100th birthday—a milestone we'll honour with a high tea celebration. And of course, our Elvis Presley Sing-A-Long is sure to get a few feet tapping!

NSW Health has reported unusually high flu activity for this time of year. In response, we've strengthened our infection control measures, updated vaccination information (including shingles and pneumococcal), and ensured GP coverage remains in place over the holiday period. We're also closely monitoring the warm weather and supporting residents to stay cool, hydrated, and comfortable.

As part of our commitment to continuous improvement and resident engagement, we've issued our annual invitation to participate in the Consumer Advisory Body, which operates through our monthly Resident Focus Group meetings. These gatherings are a great opportunity for residents and families to raise ideas, share feedback, and help shape care and services. If you're interested, feel free to speak to a staff member or check the meeting dates on our noticeboard.

Thank you, as always, to our amazing staff, volunteers, residents, and families. Your support and contributions make Fitzgerald a special place to live and work. Here's to a safe, healthy, and joyful start to 2026!

Warm regards,
Solomon Kebede, RN
Facility Manager



New Years Traditions – Welcoming New Beginnings



As the year draws to a close, people around the world prepare to welcome the New Year with traditions that range from meaningful to wonderfully quirky. While many of us are familiar with staying up for midnight, fireworks, and a toast to the year ahead, these customs have a long and fascinating history.

The celebration of the New Year dates back over 4,000 years to ancient Babylon, where the new year was marked with a large festival to celebrate renewal and good fortune. The tradition of making New Year's resolutions also began long ago, with people promising to repay debts or return borrowed items. A little different from today's goals of eating better and getting back to the gym!

Around the world, New Year's Eve and Day are celebrated in amusing and unexpected ways. In Spain, people eat 12 grapes at the stroke of midnight, one for each chime of the clock, to bring good luck for every month of the coming year. In Scotland, the festival of Hogmanay includes a tradition called "first-footing," where the first visitor to enter a home after midnight is believed to bring good or bad luck.

Some traditions are delightfully noisy. In Denmark, people throw old plates at friends' doors to chase away bad spirits (and show affection!), while in parts of South America, colourful paper dolls representing the old year are burned at midnight to say goodbye to past troubles.

Whether celebrated quietly or with a bang, the New Year is a time for reflection, laughter, and hope. As the clock strikes twelve, traditions remind us that no matter where we are in the world, we all share the same wish; a happy and healthy year ahead.



Birthdays This Month



12 th January	Rhonda Roes
17 th January	Norma Sweeney
25 th January	Pearl Hooper
25 th January	Helga Kishynsky

The monthly birthday cake will be celebrated on Friday 30th January, 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.



Thursday	1 st	New Years Day (<i>Public Holiday</i>)
Tuesday	6 th	Elvis Sing-A-Long
Friday	23 rd	Helga's 100 th Birthday High Tea
Monday	26 th	Australia Day (<i>Public Holiday</i>)
Tuesday	27 th	Australia Day Celebrations

Thursday	1st		New Years Day - Public Holiday
Friday	2nd	9:00am	Exercises
		10:00am	Beauty Morning
		1:30pm	Classic Cinema & Nail Care
Saturday	3rd	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	4th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	5th	9:15am	Exercises
		10:00am	Melissa's Picnic Morning Tea
		1:30pm	Game: Colour Ball Toss
Tuesday	6th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Elvis Sing-A-Long
Wednesday	7th	9:30am	Exercises
		10:30am	Fiona Reads
		1:30pm	Reminiscence
Thursday	8th	9:15am	Armchair Yoga
		10:30am	Virtual Reality Experience
		1:30pm	Teamific Global Quiz
Friday	9th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	10th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	11th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	12th	9:15am	Armchair Yoga
		10:30am	Anglican Church Service
		1:30pm	Virtual Reality Experience

Tuesday	13th	9:00am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Kindergarten Pen Pals
Wednesday	14th	9:15am	Exercises
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:30pm	Cooking Club
Thursday	15th	9:15am	Exercises
		10:30am	Stay On Bus Trip
		1:30pm	Quizzes
Friday	16th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Classic Cinema & Nail Care
Saturday	17th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	18th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	19th	9:15am	Exercises
		11:15am	Resident's Focus Group Meeting
		1:00pm	Board Game Club
Tuesday	20th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:00pm	Mel's Pub Trivia
Wednesday	21st	9:15am	Armchair Yoga
		10:30am	Fiona Reads Short Stories
		1:30pm	Let's Get Physical
Thursday	22nd	9:15am	Exercises
		10:30am	Let's Have Some Fun
		1:15pm	Shopping Bus Trip
Friday	23rd	9:15am	Armchair Yoga

		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Helga's 100 th Birthday High Tea
Saturday	24 th	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
Sunday	25 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	26 th		Australia Day - Public Holiday
Tuesday	27 th		<i>Theme Day: Australia Day</i>
		9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Paint & Sip
Wednesday	28 th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fiona Reads Short Stories
		1:30pm	Cooking Club
Thursday	29 th	9:00am	Exercises
		10:30am	Reminiscence
		1:30pm	Ron Plays The Organ
Friday	30 th	9:00am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	31st	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News

* Timetable subject to change

Mental Health Corner - Gentle New Beginnings

January often brings with it a sense of a fresh start. After the busyness of the Christmas season, January offers an opportunity to slow down, to reset, and to focus on our wellbeing. While many people talk about “*New Year’s resolutions*,” it’s important to remember that new beginnings don’t have to be big or demanding. Small, gentle changes often make a meaningful and lasting difference to our mental health.

For some, the quieter pace of January can feel peaceful. For others, it may feel a little empty after the excitement of family visits and celebrations. Whatever you’re feeling today.. remind yourself that it’s completely okay! This is a good moment to be kind to yourself and to ease back into the daily routines that bring you comfort and stability.

Here are a few simple things you might like to try to support your mental wellbeing as this new year begins:

1. **Focus on routines** – Regular mealtimes, exercises, activities, and rest can help create a great sense of calm and predictability.
2. **Set gentle intentions** – Rather than resolutions, think about what you might like more of this year. Perhaps it’s more connection, more creativity, more movement, or even just more moments of calm.
3. **Try something new** – January can be a great time to join an activity you haven’t tried before or rediscover a hobby you once enjoyed. You might want to read through our Activity Timetable again and highlight those things that catch your attention.
4. **Look after your body** – Staying hydrated, enjoying nutritious meals, and moving in ways that feel comfortable all go a long way to support a positive mood.
5. **Stay connected** – Spending time with fellow residents, staff, family, friends, visitors and volunteers can help maintain a strong sense of belonging here at Fitzgerald.

Let’s welcome in this new year together with kindness, patience, and care; not just for ourselves, but for one another.

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

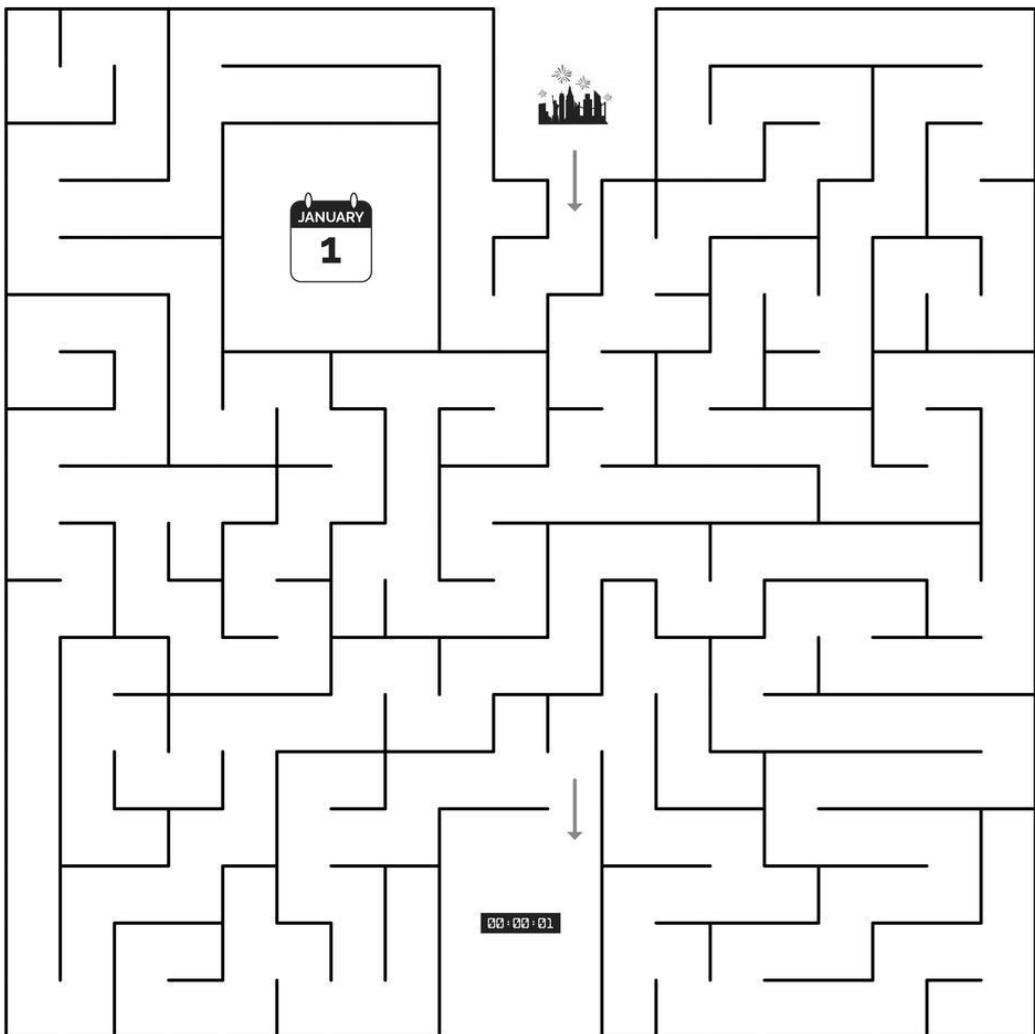
Or in writing to:

Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000

MAZE

Find The Way Out

(CAN YOU NAVIGATE YOUR WAY THROUGH THE MAZE?)



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Patricia Moleman

Complete this month's New Year's Eve themed word search & show it to our RAO staff for your chance to ring in a sparkling prize. Go on, don't miss the moment!

Let's pop the confetti & make Auld Lang Syne proud!!



Countdown

Celebration

Resolution

Cheers

Fireworks

Party

Confetti

Sparkle

Midnight

Champagne

Ball Drop

New Year



Hawkesbury Song



Hills Harmony Barbershop



Where'd the Rabbit come
from?!?



Christmas Volleyball
Tournament

