

# **FITZGERALD NEWS & VIEWS**

## ***July 2025***



**6<sup>th</sup> - 13<sup>th</sup> July – NAIDOC Week**  
**14<sup>th</sup> July – Winter Art Soirée**  
**24<sup>th</sup> July – Christmas In July**  
**24<sup>th</sup> July – Performer Paul Leventhal**



Taylor & Marie



John & the Fitzgerald Girls



Pearl & Helga



Pam & the Fitzgerald Boys

Dear Residents, Families, and Friends,

As winter settles in, I want to express my continued gratitude for the warmth, humour, and resilience that make Fitzgerald feel like home. June was a vibrant and joyful month filled with colour, creativity, and connection. Residents celebrated two lively theme days; Luau Beach Party and Pyjama Day, and enjoyed a special performance by Spencer Turnbull, a well-loved visit from St. Matthews Primary School, a memorable outing to Sydney Zoo, and a hands-on flower arranging workshop.

Our Resident Focus Group Meeting on 19 June was a valuable chance to hear directly from residents. We received positive feedback on meals, medication support, and call bell response times. The kitchen team was warmly recognised following their recent award nomination. We also discussed emotional wellbeing and will thoughtfully consider a suggestion to reinstate a monthly memorial notice, while continuing to respect individual privacy preferences.

Residents were also introduced to our new Virtual Reality program, offering immersive experiences like beach walks or global landmarks. Staff are being trained to assist, and we're excited to begin inviting residents to participate. We also discussed the upcoming Christmas in July celebrations, NAIDOC Week activities and the much-anticipated Winter Art Soirée on 14 July, where residents' creative works will be beautifully showcased in a gallery-style setting. In addition, we're thrilled to bring back monthly bus outings, with one trip focused on scenic drives and another for shopping and coffee catch-ups.

On the clinical front, COVID-19 booster vaccinations were successfully delivered to residents earlier this month, and all staff are now vaccinated against influenza. We continue to monitor for seasonal illnesses like rhinovirus and appreciate everyone's cooperation in infection prevention measures.

Looking further ahead, we've received confirmation that the implementation of the new Aged Care Act and Strengthened Quality Standards has been extended to 1 November 2025. This gives us additional time to ensure we meet every requirement with excellence. Preparation and staff training are well underway, and we remain committed to continuous improvement.

Finally, I want to thank our incredible staff who continue to serve with compassion and professionalism across all departments. Your dedication during these colder months does not go unnoticed. To our residents and families, your feedback and presence help us to grow stronger together. Please continue to share your ideas, stories, or concerns with us; we are here to listen and support.

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

## NAIDOC Week 2025 – Honouring Culture, Celebrating Community

Each July, NAIDOC Week offers Australians a chance to reflect on and celebrate the rich histories, cultures and achievements of Aboriginal and Torres Strait Islander peoples. In 2025 we mark a significant milestone – 50 years since NAIDOC Week became a national event. This year's theme is *"The Next Generation: Strength, Vision & Legacy,"* and invites us to honour the wisdom of Indigenous Elders while looking forward with hope and pride in the leaders of tomorrow.

NAIDOC Week has its roots in the early 20th-century struggle for justice and equality. It grew from protests such as the 1938 Day of Mourning and gradually transformed into a week of national celebration and recognition. What began as a call for fairness has become a powerful tribute to resilience, survival, and cultural strength.

In Western Sydney and across the country, NAIDOC Week brings communities together. It's a time to acknowledge the importance of Indigenous languages, music, art, and storytelling, and to appreciate the deep spiritual connection that Aboriginal and Torres Strait Islander peoples have with Country. Here at Fitzgerald, it's also a time to share, to listen and to learn from the incredible history, culture and wisdom of our first nations people.

We'll be marking NAIDOC Week in small but meaningful ways through art and craft inspired by traditional designs, listening to traditional Dream Time stories, by watching Indigenous films, performances of Indigenous dance and song, and our Staff and Residents are encouraged to wear the colours of the Aboriginal and Torres Strait Islander flags in a show of unity and respect.

By celebrating NAIDOC Week together, we not only pay respect to First Nations peoples but also help pass their stories, strength, and values to future generations. It's a time for reflection, connection, and shared pride in the diverse country we call home.





## BIRTHDAYS THIS MONTH



<b>12<sup>th</sup> July</b>	<b>John Kennedy</b>
<b>15<sup>th</sup> July</b>	<b>Paul Kirkman</b>
<b>26<sup>th</sup> July</b>	<b>Margaret McCarthy</b>

The monthly birthday cake will be celebrated on Friday, 25<sup>th</sup> July, 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




This month, we bid heartfelt goodbyes to Julienne Steward and Dellar Ferguson. 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. Dellar and Julienne's memory will always be cherished.

### SPECIAL EVENTS

<b>Sunday</b>	<b>6<sup>th</sup>-13<sup>th</sup></b>	<b>NAIDOC Week</b>
<b>Monday</b>	<b>14<sup>th</sup></b>	<b>Winter Art Soirée</b>
<b>Thursday</b>	<b>24<sup>th</sup></b>	<b>Special Performer: Paul Leventhal</b>
<b>Thursday</b>	<b>24<sup>th</sup></b>	<b>Christmas In July</b>

<b>Tuesday</b>	<b>1<sup>st</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>Mel's Green Thumb Gardening</b>
<b>Wednesday</b>	<b>2<sup>nd</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Group Activities</b>
		<b>1:30pm</b>	<b>Reminiscence</b>
<b>Thursday</b>	<b>3<sup>rd</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Let's Get Physical</b>
		<b>1:30pm</b>	<b>Shopping Bus Trip</b>
<b>Friday</b>	<b>4<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</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>5<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>Read The News</b>
<b>Sunday</b>	<b>6<sup>th</sup></b>		<b>NAIDOC WEEK</b>
		<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday NAIDOC Movie</b>
<b>Monday</b>	<b>7<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>The Board Game Hour</b>
		<b>1:30pm</b>	<b>NAIDOC Paint &amp; Sip</b>
<b>Tuesday</b>	<b>8<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>Classic Birthday Games</b>
<b>Wednesday</b>	<b>9<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Fiona Reads Short Stories</b>
		<b>10:30am</b>	<b>Catholic Church Service</b>
		<b>1:30pm</b>	<b>Dream Time Story Telling</b>
<b>Thursday</b>	<b>10<sup>th</sup></b>	<b>9:15am</b>	<b>Stay On Bus Trip</b>
		<b>1:30pm</b>	<b>Teamific Global Quiz</b>
<b>Friday</b>	<b>11<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>

		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Nail Care With Denise
Saturday	12 <sup>th</sup>	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	13 <sup>th</sup>	10:15am	Catholic Service
		1:30pm	Sunday NAIDOC Movie
Monday	14 <sup>th</sup>	9:15am	Armchair Yoga
		10:00am	Anglican Church Service
		1:30pm	Winter Art Soiree
Tuesday	15 <sup>th</sup>	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	White Board Games with Judy
		1:30pm	Game: Bucket Ball Jackpot
Wednesday	16 <sup>th</sup>	9:15am	Armchair Yoga
		10:30am	Fiona Reads
		1:30pm	Let's Have Some Fun
Thursday	17 <sup>th</sup>	9:15am	Exercises
		10:30am	Men's Group
		10:30am	Armchair Travel
		1:30pm	Cooking Club
Friday	18 <sup>th</sup>	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:30pm	Music Therapy with Peter
Saturday	19 <sup>th</sup>	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	20 <sup>th</sup>	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	21 <sup>st</sup>	9:15am	Armchair Yoga
		11:15am	Residents Focus Group Meeting
		1:30pm	Karaoke



<b>Tuesday</b>	<b>22<sup>nd</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>Cinema: Bogart &amp; Bergman</b>
<b>Wednesday</b>	<b>23<sup>rd</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</b>
		<b>1:30pm</b>	<b>Game: True Or False</b>
<b>Thursday</b>	<b>24<sup>th</sup></b>		<b>Christmas In July</b>
		<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Special Music Performance: Paul Leventhal</b>
		<b>1:30pm</b>	<b>Christmas Craft</b>
<b>Friday</b>	<b>25<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</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>26<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>27<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>28<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Team Trivia</b>
		<b>1:30pm</b>	<b>Games: Try Your Luck</b>
<b>Tuesday</b>	<b>29<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. Matthew's Primary Visit</b>
<b>Wednesday</b>	<b>30<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>Cooking Club</b>
<b>Thursday</b>	<b>31<sup>st</sup></b>	<b>9:15am</b>	<b>Exercises</b>

		<b>10:30am</b>	<b>Group Games</b>
		<b>1:30pm</b>	<b>Ron Plays Organ</b>

\* Timetable subject to change

## Mental Health Corner

### The Power Of Purpose

As we grow older, maintaining good mental health becomes just as important as taking care of our physical wellbeing. One often overlooked ingredient in emotional wellness is *purpose*. Having a sense of purpose - something we look forward to and something we contribute towards - has been shown to significantly impact our mood, self-esteem and overall mental health.

Purpose doesn't have to mean something big like changing the world. It can be as simple as tending to a plant in our gardens, connecting with the other residents at your lunch table, becoming a regular at certain weekly programs and activities, or even setting small goals each week. Research has shown that older adults who engage in meaningful activities feel happier, more energetic, and even experience fewer health issues.

Here are a few simple ways to cultivate a sense of purpose:

1. **Share your knowledge** – Whether it's a recipe, a knitting technique, or life advice, your experience is valuable. Take the opportunity to share your stories or skills with other residents, family, volunteers and staff.
2. **Volunteer your time** – Even small acts of kindness like saying hello and welcoming a new resident, or helping a friend with their crossword, can bring a strong sense of fulfilment.
3. **Set personal goals** – These can be small: reading a book each month, maintaining or improving your mobility with our Physiotherapists, taking daily walks, or attending a weekly activity with the RAO team. Goals give you something to look forward to.
4. **Stay connected** – Regular chats with friends, other residents and staff, participating in group activities, or calling family members can all help you feel engaged and valued.

Remember, purpose looks different for everyone and that's okay. What matters most is finding something that brings *you* joy and meaning!

If you're struggling with low mood or loneliness, don't hesitate to speak to our Social Wellness Officer or other staff members. Remember, we're here to support you!

Let's keep taking care of ourselves - body *and* mind.

## **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:

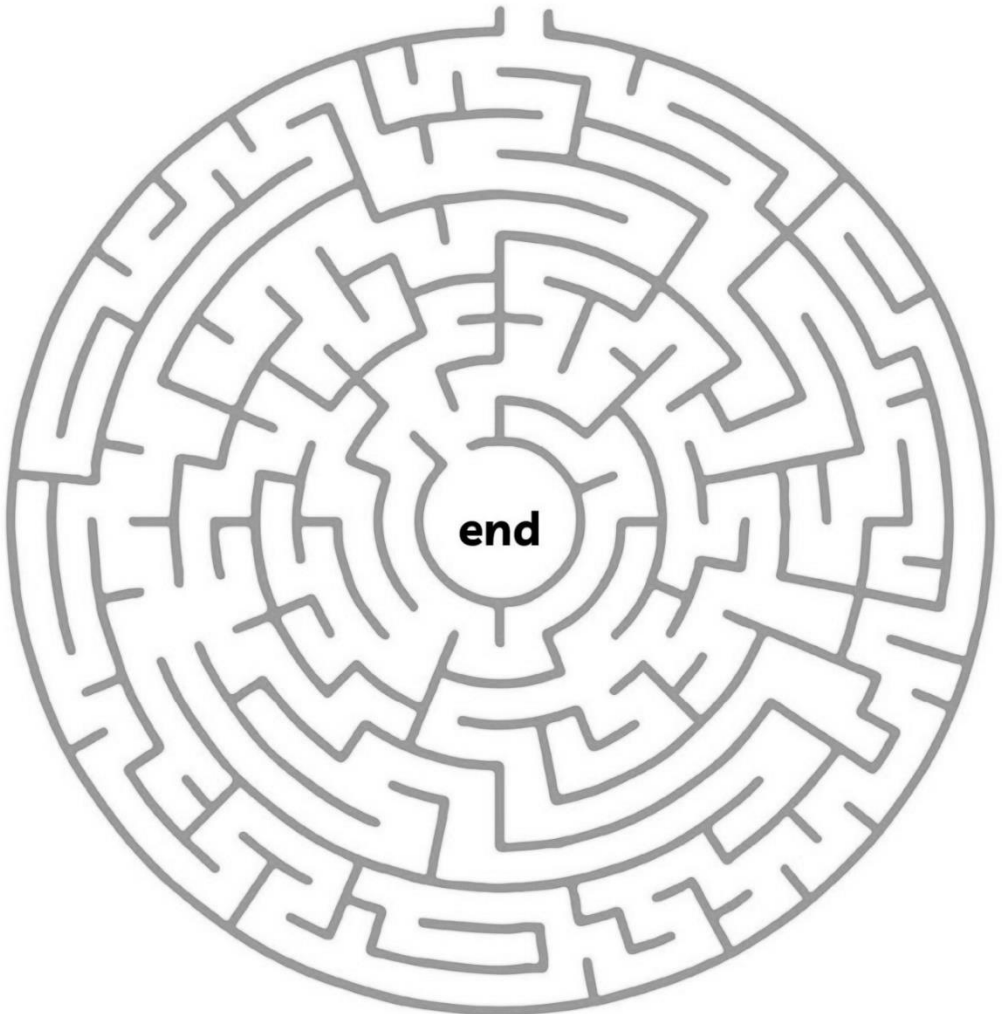
[agedcarequality.gov.au](http://agedcarequality.gov.au)

Or in writing to:

Aged Care Quality Safety Commission  
GPO Box 9819  
Sydney NSW 2000

# Can You Solve The Labyrinth?

▼ start here



# WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

**Marie Grimston**

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

'Warami' (a greeting of the Darug people), good luck, and happy searching!

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

Strength

Culture

Community

Dreaming

Vision

Resilience

Heritage

Corroboree

Legacy

Elders

Country

Mob



Tina, Ken & Merryl



Pearl & Tracey



Zeila & Kitty



Mavis & Fiona





Pyjama Day Gentlemen



St. Matthews Primary Visitors



Aloha From The Fitzgerald Family