

FITZGERALD NEWS & VIEWS

July 2026



•
3rd July – Volunteers *Thank You* Lunch
5th-12th July – NAIDOC Week
31st July – Christmas In July



Tonia



Joan



Mavis



Patricia

Dear Residents, Families, and Friends,

June was another enjoyable month at Fitzgerald, filled with opportunities for residents to socialise, connect, and have fun. Our **Viva Las Vegas** theme day brought plenty of smiles, while the Bunny Therapy and Healing Paws visits were warmly enjoyed by residents. We also welcomed another wonderful performance from Hawkesbury Song, along with a popular pub lunch outing and our regular shopping bus trips, helping residents stay connected with the local community.

As we continue through the winter season, I would like to thank our residents, families, and staff for their ongoing support in helping us navigate the challenges that winter can bring. Through everyone's cooperation and commitment to infection prevention, we have continued to provide a safe and caring environment while maintaining our regular activities and services.

We also continue to strengthen our service through regular Resident Focus Group meetings, where residents have the opportunity to share their ideas and feedback. Their input continues to guide improvements across the home and helps ensure Fitzgerald remains a place where residents' voices are heard and valued.

July promises another exciting month, with **Christmas in July, NAIDOC Week** celebrations, Sandy's belated **100th Birthday**, visits from **St. Matthew's Primary School**, and our **Volunteers' Thank You Lunch**, where we'll celebrate the generosity and dedication of those who give their time to enrich the lives of our residents.

Behind the scenes, our team continues to focus on continuous improvement through staff education, clinical governance, and quality initiatives, ensuring we continue providing safe, compassionate, and high-quality care every day.

Thank you to our residents, families, volunteers, and staff for your ongoing support and for helping make Fitzgerald such a welcoming community.

Warm regards,
Solomon Kebede, RN
Facility Manager



NAIDOC WEEK 2026



Celebrating The World's Oldest Living Culture

Each July, Australians come together to celebrate NAIDOC Week, a time to recognise and honour the rich history, cultures, and achievements of Aboriginal and Torres Strait Islander peoples. It is an opportunity to learn more about the world's oldest continuous living cultures, which have cared for this land for more than 65,000 years.

The name NAIDOC stands for the National Aboriginal and Islanders Day Observance Committee. While the name has remained the same, the celebration has grown from its beginnings in the 1930s as a movement to recognise the rights and contributions of Aboriginal Australians. Today, NAIDOC Week is celebrated in communities across the country with art exhibitions, cultural performances, storytelling, music, community gatherings, and educational events.

One of the most important aspects of Aboriginal and Torres Strait Islander cultures is the passing down of knowledge through oral storytelling. For thousands of years, stories have been shared from one generation to the next, teaching lessons about the land, the stars, animals, and the importance of caring for one another. These stories continue to play an important role in preserving culture and history.

Aboriginal Australians also developed sophisticated knowledge of astronomy long before modern telescopes existed. They used the stars to navigate, predict seasonal changes, and know when certain plants would flower or animals could be found.

NAIDOC Week is also a wonderful opportunity to celebrate the more than 250 distinct Aboriginal language groups across Australia, each with its own traditions, stories, and connection to Country.

This NAIDOC Week, we can all take a moment to learn something new, listen to a story, admire Indigenous art, or simply appreciate the rich cultural heritage that has shaped Australia for tens of thousands of years. Every conversation and every shared story helps us build greater understanding, respect, and connection.



Birthdays This Month



12th July

John Kennedy

The monthly birthday cake will be celebrated on Friday 31st 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



Last month, we bid a heartfelt goodbye to Alan Grono. He will be deeply missed by all of us, and our thoughts and deepest sympathies go out to his family and friends during this difficult time. Our memories of Al will live on and always be cherished.

Special Events

Friday	3rd	Volunteer's <i>Thank You</i> Lunch
Monday	5th - 12th	NAIDOC Week
Tuesday	7th	Fitzgerald Baby Shower
Wednesday	15th	Sandy's Belated 100th Birthday Lunch
Friday	31st	Theme Day: Xmas In July

Wednesday	1st	9:15am	Exercises
		10:30am	Tammy's Story Hour
		1:15pm	Karaoke Sing-a-long
Thursday	2nd	9:15am	Exercises
		10:30am	Let's Get Active
		1:15pm	Shopping Bus Trip
Friday	3rd	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	Volunteer's <i>Thank You</i> Lunch
		1:15pm	Ron Plays The Organ
Saturday	4th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		1:30pm	Saturday Movie
Sunday	5th		<i>NAIDOC WEEK</i>
		10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	6th	9:15am	Exercises
		10:30am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	VR NAIDOC Experience
Tuesday	7th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Fitzgerald Baby Shower
Wednesday	8th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fun & Games with Tammy
		1:15pm	NAIDOC Cooking Club
Thursday	9th	9:15am	Exercises
		10:30am	Indigenous Australian History Hour
		1:15pm	Teamific Global Quiz
Friday	10th	9:15am	Armchair Yoga

		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	11 th	9:15am	Exercises
		10:30am	Bingo with Maureen
		1:30pm	Saturday Movie
Sunday	12 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	13 th	9:15am	Armchair Yoga
		10:00am	Anglican Church Service
		1:00pm	Afternoon Exercises
		1:30pm	Tastes Around The World
Tuesday	14 th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	The Price Is Right
Wednesday	15 th	9:15am	Armchair Yoga
		10:30am	Morning Movies
		12:00pm	Sandy's Belated 100 th Birthday Lunch
		1:15pm	Afternoon Fun
Thursday	16 th	9:15am	Exercises
		10:30am	Stay On Bus Trip
		1:15pm	Trivia
Friday	17 th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Classic Cinema & Nail Care
Saturday	18 th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	19 th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	20 th	9:15am	Exercises

		10:30am	VR Flight Experience
		1:00pm	Afternoon Exercises
		1:30pm	Ball Play with Melissa
Tuesday	21st	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Paint & Sip
Wednesday	22nd	9:15am	Exercises
		10:30am	Catholic Church Service
		10:30am	Let's Have Some Fun
		1:15pm	Cooking Club
Thursday	23rd	9:15am	Exercises
		10:30am	Reminiscence Activity
		1:15pm	Hungry Hungry Hippos
Friday	24th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	25th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	26st	10:15am	Catholic Church Service
		1:30pm	Sunday Movie
Monday	27th		Podiatrist
		9:15am	Exercises
		10:30am	Bonus Quiz
		1:00pm	Afternoon Exercises
		1:30pm	Board Game Club
Tuesday	28th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30am	<i>These Hands</i> Activity
Wednesday	29th	9:15am	Armchair Yoga
		10:30am	Let's Get Active

		1:15pm	Craft Club
Thursday	30 th	9:15am	Exercises
		10:30am	VR Animal Experience
		1:30pm	Ron Plays The Organ
Friday	31 st		Theme Day: Christmas In July
		9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	Christmas In July Lunch
		1:15pm	Music Therapy with Peter

Mental Health Corner - Finding Joy In The Little Things

Life's happiest moments are often the simplest. A warm cup of tea in your favourite recliner, a treasured song on the radio, a friendly smile from across the dinning room, or even just watching the birds gather in the garden can all bring comfort and brighten our day. Taking time to notice these small pleasures can have a surprisingly positive effect on our mental wellbeing.

When we focus on the little things that bring us joy, we can feel more relaxed, grateful, and connected to the present. These moments may seem small, but they can make a big difference to our overall mood.

Here are three easy ways you could help find more joy each day:

1. **Pause and notice** – Take a moment to enjoy the sights, sounds, and smells around you, whether it's a splash of sunshine through the window or a beautiful flower outside in our gardens.
2. **Do something you enjoy** – Read a book, listen to music, grab an activity from the Activity Room, or join Melissa, Lisa & Joshua for one of their numerous fun programs.

3. **Share a smile or a story** – A friendly chat or a shared laugh with your friends and neighbours can brighten someone else's day as well as your own.

Not every day can be perfect, but every day has the potential to hold small moments of happiness. If you're feeling low or finding it difficult to enjoy the things you usually love, please speak with our Social Wellness Officer or a member of staff. We're here to help.

Let's make July a month of appreciating life's little joys one small moment at a time.

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, vegetables, salad, and juice.

TAKING RESIDENTS OUT

This is a friendly reminder to check with staff before taking your family out of Fitzgerald to ensure they do not miss out on any medication.

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.

THE STATEMENT OF RIGHTS: Under the statement of Rights, an older person's rights are grouped into 6 key areas:

1) Autonomy & Freedom of Choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.

2) Equitable Access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.

3) Safe, Quality Care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.

4) Privacy & Confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.

5) Communication & Complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.

6) Support & Social Connection

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.

Other avenues for complaints are as follows:

Aged Care Quality

Safety Commission: 1800 951 822 (FREE CALL)

Or online to:

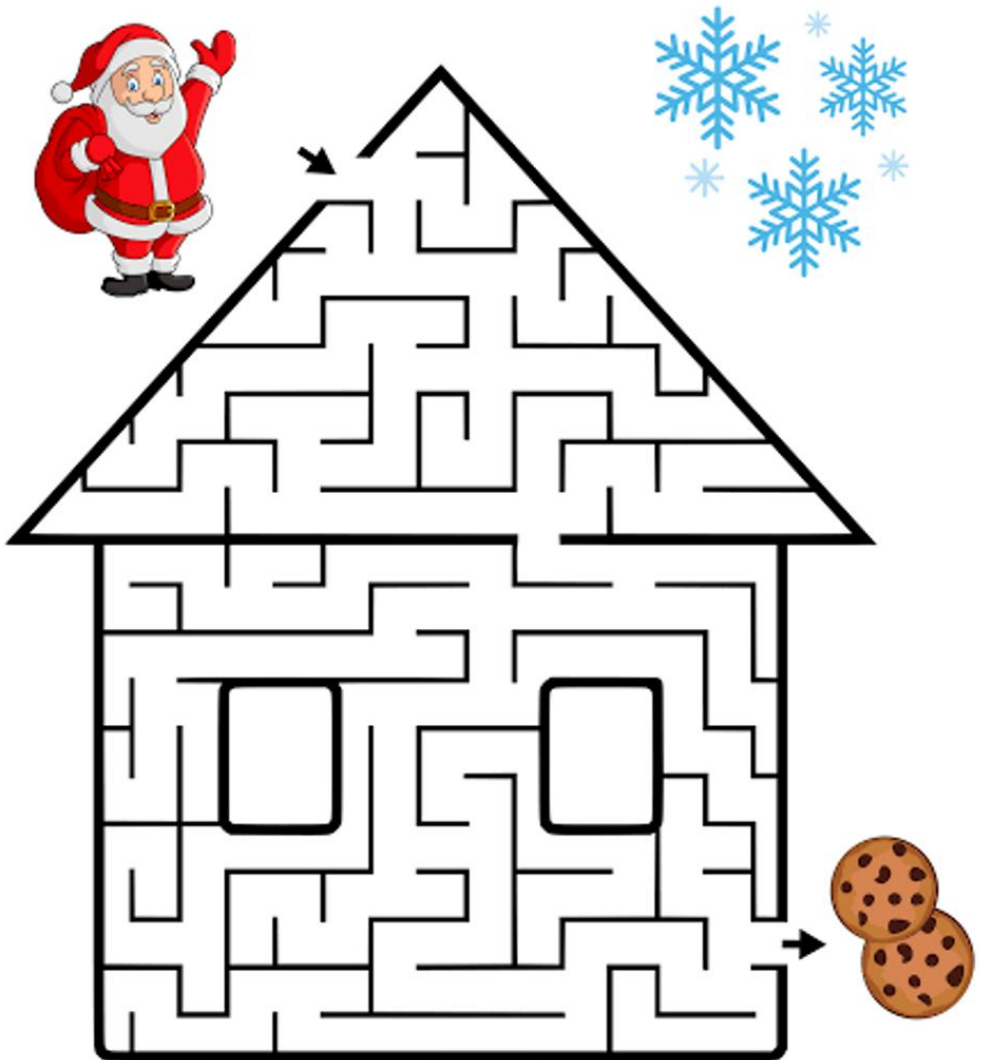
agedcarequality.gov.au

Or in writing to:

Aged Care Quality Safety Commission

GPO Box 9819

Sydney NSW 2000



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Marie Grimston

Yule love this one! Complete this month's CHRISTMAS IN JULY themed word search and show it to one of our RAO staff for your chance to win a tree-mendous prize!

You'll be Ho-Ho-Hoping mad if you miss out!!

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

Rudolph

Stocking

Tinsel

Holly

Yuletide

Reindeer

Mistletoe

Gifts

Sleigh

Christmas

Elf

Santa

