

FITZGERALD NEWS & VIEWS

June 2026



15th June – Bunny Visit
16th June – Theme Day: *Viva Las Vegas*
19th June – Sandy's 100th Birthday Party



Bev



Colleen



Lisa & Ellie



Louise

Dear Residents, Families, and Friends,

May was another wonderful month at Fitzgerald, filled with celebration, connection, and appreciation. Our Mother's Day High Tea Lunch was a beautiful occasion enjoyed by residents, families, and staff alike, and we were delighted to welcome special guest performer Julianne, whose music brought great joy to the home. We also proudly recognised International Nurses Day and thanked our dedicated nursing team for their ongoing compassion, professionalism, and commitment to resident care each and every day.

Residents continued to enjoy regular outings through our Shopping Bus and Stay On Bus Trips, and there was plenty of excitement around the Teamific Global Quiz, where Fitzgerald proudly placed 16th. Congratulations to everyone involved for representing the home so well.

During the month, we also continued our annual flu vaccination program to help protect residents and staff during the winter season. We remain focused on infection prevention, resident wellbeing, and maintaining a safe and welcoming environment throughout the colder months.

Looking ahead, June promises another exciting month of activities and celebrations. Highlights will include our "Viva Las Vegas" theme day, Sandy's 100th Birthday Celebrations, Bunny Therapy and Healing Paws Dog Therapy visits, the always-popular Hawkesbury Song performance, pub lunch outings, and continued shopping bus trips for residents to enjoy social connection and community engagement.

A small COVID-19 outbreak involving two residents was safely managed during the month. Both residents recovered well, with no further resident or staff cases identified following surveillance and testing. The facility worked closely with the Public Health Unit throughout the management period, with enhanced infection control measures and monitoring implemented to support the safety and wellbeing of residents, staff, and visitors.

We sincerely thank our residents, families, staff, volunteers, contractors, and supporters for their patience, cooperation, and ongoing contribution to the warm and caring spirit of Fitzgerald Aged Care.

Warm regards,
Solomon Kebede, RN
Facility Manager



Winter Solstice – Light In The Darkest Time



As June brings cooler weather to Australia, people around the world prepare for one of nature’s great turning points: the Winter Solstice (the shortest day and longest night of the year). For thousands of years, communities have marked this occasion with festivals, bonfires, feasts, and fascinating traditions designed to bring warmth, hope, and light during the darkest time of the year.

The word *solstice* comes from Latin and means “sun standing still.” Ancient people carefully watched the skies and noticed that after the solstice, the days slowly began growing longer again. This was a hopeful sign that spring would eventually return.

One of the oldest winter traditions is the lighting of bonfires and candles. In parts of Europe, great fires were once lit on hillsides to encourage the sun’s return and to ward off bad luck. In Scandinavia, people gathered indoors with family, sharing hearty meals, warm drinks, and stories through the long winter nights.

Many familiar modern traditions actually have roots in old midwinter festivals. Decorating homes with evergreen plants such as holly, ivy, and pine dates back centuries, symbolising life continuing even through the coldest months.

There are also some wonderfully unusual superstitions connected to midwinter. In parts of Eastern Europe, people believed animals could speak at midnight on the solstice, although listening in was said to bring bad luck! In Scotland, some families once burned juniper branches to cleanse the home and chase away illness during winter.

Even here in Australia, where winter is milder than in many countries, there is something comforting about gathering together during the colder months. Whether it’s enjoying a warm meal, wrapping up in a favourite blanket, or sharing stories over a cup of tea, winter traditions remind us that light, warmth, and friendship are especially precious this time of year.



Birthdays This Month



20th June	Norman Saunders
27th June	Joan Haddock
29th June	Patrick Smith

The monthly birthday cake will be celebrated on Friday 26th June, 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 Dawn Wallis. She will be deeply missed by all of us, and our thoughts and deepest sympathies go out to her family and friends during this difficult time. Our memories of Dawn will live on and always be cherished.

Special Events

Monday	8th	Kings Birthday Public Holiday
Monday	15th	Bunny Visit
Tuesday	16th	Theme Day: Viva Las Vegas
Thursday	18th	Hawkesbury Song Performance
Friday	19th	Sandy's 100th Birthday Lunch
Thursday	25th	Healing Paws Dog Visit

Monday	1st	9:15am	Exercises
		10:30am	Reminiscence
		1:00pm	Afternoon Exercises
		1:30pm	VR Travel Experience
Tuesday	2nd	9:00am	Armchair Yoga
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Classic Cinema
Wednesday	3rd	9:15am	Exercises
		10:30am	History Of The Hawkesbury
		1:15pm	Hungry Hungry Hippos
Thursday	4th	9:15am	Exercises
		10:30am	Board Of Fortune Game
		1:15pm	Shopping Bus Trip
Friday	5th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Classic Cinema & Nail Care
Saturday	6th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	7th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	8th		<i>King's Birthday Public Holiday</i>
Tuesday	9th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Paint & Sip
Wednesday	10th	9:15am	Armchair Yoga
		10:30am	History Of The Hawkesbury
		1:15pm	Cooking Club
Thursday	11th	9:15am	Exercises
		10:30am	Quizzes
		1:30pm	Teamific Global Quiz

Friday	12th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	13th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	14th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	15th	9:15am	Armchair Yoga
		11:15am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	Bunny Visit
Tuesday	16th		<i>Theme Day: Viva Las Vegas</i>
		9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Las Vegas Games
Wednesday	17th	9:15am	Armchair Yoga
		10:30am	History Of The Hawkesbury
		1:15pm	Afternoon Games
Thursday	18th	9:00am	Exercises
		9:30am	Stay On Bus Trip
		1:15pm	Hollywood Stars Game
		5:45pm	Hawkesbury Song Performance
Friday	19th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	Sandy's 100th Birthday Lunch
		1:15pm	Reminiscence Activity
Saturday	20th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News

Sunday	21st	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	22nd	9:15am	Exercises
		10:30am	Anglican Church Service
		1:00pm	Afternoon Exercises
		1:30pm	Board Game Club
Tuesday	23rd	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	The Price Is Right Game
Wednesday	24th	9:15am	Exercises
		10:30am	Catholic Church Service
		10:30am	History Of The Hawkesbury
		1:15pm	Cooking Club
Thursday	25th	9:15am	Exercises
		10:30am	Healing Paws Dog Therapy
		1:15pm	Ron Plays The Organ
Friday	26th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	27th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	28st	10:15am	Catholic Church Service
		1:30pm	Sunday Movie
Monday	29th		Podiatrist
		9:15am	Exercises
		10:00am	Fun with Mel
		11:45am	Clarendon Lunch Trip
Tuesday	30th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15am	Pen Pals Activity

Mental Health Corner - Staying Connected During Winter

As the weather becomes cooler and the days grow shorter, it can be tempting to stay tucked away indoors a little more often. While winter can be a cosy and comforting season, it can also sometimes lead to feelings of loneliness or isolation. That's why staying socially connected during the colder months is so important for our mental wellbeing.

Spending time with others, sharing conversations, and taking part in activities can help lift our mood, reduce stress, and remind us that we are part of a caring community. Even small social moments can make a big difference.

Here are a few simple ways to stay connected this winter:

1. **Join in activities and events** – Whether it's bingo, craft, music, quizzes, or group exercises, participating in any of our range of activities here at Fitzgerald is a wonderful way to keep engaged and meet others.
2. **Reach out for a chat** – A friendly conversation over a cup of tea or saying hello to someone in the hallway can brighten both your day and theirs. Why not join us for our weekly Morning Tea and Conversations group each Friday in the Activity Room?
3. **Keep in touch with loved ones** – Phone calls, visits, letters, or video chats with family and friends can help maintain important connections. If you'd like assistance to make a call our wonderful staff are always on hand to help!

Remember, you are never alone here. Our home is a community filled with people who care about one another, and every smile, conversation, and shared moment helps create warmth during the winter season.

Let's look after ourselves and one another this winter - keeping our hearts warm, even on the chilliest days.

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

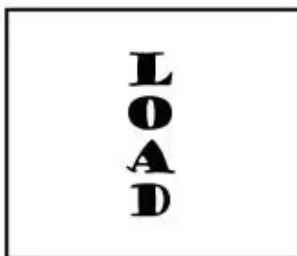
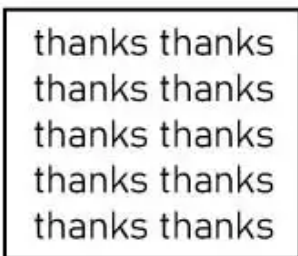
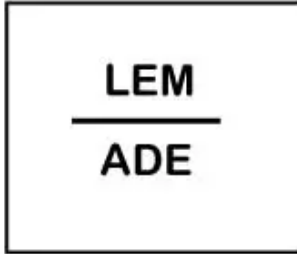
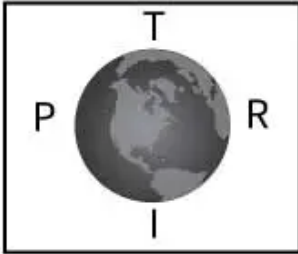
Safety Commission: 1800 951 822 (FREE CALL)

Or online to: agedcarequality.gov.au

Or in writing to: Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000

Rebus puzzles 2

Can you guess the words and expressions?



Answers:

1) Trip Around The World

2) Lemonade

3) Long Legs

4) Advice

5) Spaceman

6) Big Bad Wolf

7) Many Thanks

8) Download

9) No Idea

WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Mavis Minton

Don't get left out in the cold! Complete this month's WINTER themed word search and show it to our RAO staff to be crowned this month's winner!!

You'll be snow excited if you do!

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

Beanie

Mittens

Penguin

Scarf

Snow

Boots

Fireplace

Icicle

Blanket

Snowflake

Frost

Cozy



