

FITZGERALD

News & Views



***St Patrick and the Snakes
of Ireland***

March 2019



Kathleen Valentine's Day



Lone Valentine's Day



June Australia Day



Shirley Australia Day

COVER PICTURE

Legends say that St. Patrick drove the snakes from Ireland after they attacked him during a 40-day fast. During the last Ice Age, most of Ireland was covered by ice and was far too cold for snakes. The thaw started 12,000 years ago (also called climate change) and the ice retreated from southern and western Europe. Animals migrated into Britain and some to Ireland, but snakes are slow to migrate into new territory. By 8,500 years ago the land bridge from Britain was gone and the snakes missed the crossing. Sorry, there were no snakes in Ireland for St. Patrick to drive out.

RESIDENTS’ BIRTHDAYS THIS MONTH

6 th March	Maria Kay
21 st March	Yvonne Williams
25 th March	Avon Watson
28 th March	Rita Taylor
30 th March	Marie Grimston
30 th March	Pamela Hawkins

The monthly birthday cake will be celebrated on **Friday, 8th March at 10:00am.**

SPECIAL EVENTS

Friday	1 st	1:15pm	Shopping Trip
Monday	4 th	1:30pm	Bill Sarena Concert
Wednesday	6 th	12:00pm	Barbecue Lunch
Friday	8 th	10:00am	Birthday Cake
Monday	11 th	11:00am	Resident Focus Group
Monday	18 th	1:30pm	Tim Berthet - Concert
Wednesday	20 th	10:00am	Vintage Car Display
Wednesday	20 th	11:00am	Family High Tea Day
Thursday	21 st	9:30am	Mystery Bus Trip and McDonald’s Ice Cream
Thursday	21 st	3:00pm	Paul Leventhal – Classical Guitarist
Friday	22 nd	1:30pm	St. Patrick’s Day Entertainment

ANNAGRAMS

February was a great month with lots of activities and many new volunteers joining our ranks and hopefully March will continue in the same vein. Approximately 30 volunteers attended our two Volunteer Information Sessions, which were designed to better equip our volunteers to be able to help you as well as making volunteering a great experience for them. It was like being back at school! Everybody learnt something new and had a great time. Please continue to make our volunteers feel welcome and try and join in some new activities and make some new friends. If you know of someone who has a few hours to spare point them in the direction of the admin office, more volunteers are always welcome.

A big thankyou is extended to the family of Phyllis Tuckerman who have made a very generous donation of \$500 to our facility. If you have any suggestions on how this can be spent please let us know.

We have employed a new Registered Nurse, Dipa Awale. She is a new graduate, originally from Nepal. She is currently doing orientation with Gita and Maddie and her regular shifts will be Tuesday, Wednesday and Thursday.

Fitzgerald will be celebrating Seniors Week from 18th to 24th March and we would like to invite family members to join us for High Tea on Wednesday 20th to celebrate this occasion with our residents. More information will be available in the front foyer. RSVP's will be appreciated to assist with catering. More celebrations will follow with our Irish themed day on Friday 22nd.

Lots of information and feedback came from our first Resident Focus Group. The minutes are on display in the activities room. If you would like your own copy please see admin staff. I look forward to seeing you at our next meeting on March 11th. We will have a special guest, Christine Paine, who is the coordinator of our gardening volunteers.

Anna Whitney RN, Executive Manager

MARCH HAPPENINGS

Friday	1 st	9:30am	Exercise Program
Friday	1 st	10:30am	Knitting and Craft Group And Quizes
Friday	1 st	1:15pm	Shopping Trip
Saturday	2 nd	9:30am	Exercise Program
Saturday	2 nd	10:30am	Bingo with Maureen
Saturday	2 nd	10:30am	Hand Massages
Saturday	2 nd	12:45pm	Name that Movie
Sunday	3 rd	1:30pm	Afternoon Movie
Monday	4 th	11:00am	Exercise with Physio
Monday	4 th	1:30pm	Bill Sarena Concert
Monday	4 th	2:30pm	Games with Esther
Tuesday	5 th	9:00am	Hairdresser
Tuesday	5 th	9:30am	Exercise with Trish
Tuesday	5 th	9:30am	Activities with Victoria and Raelene
Tuesday	5 th	1:30pm	Activities with Victoria
Wednesday	6 th	9:00am	Bingo
Wednesday	6 th	10:30am	Craft, Games and Activities
Wednesday	6 th	11:00am	Men's Group
Wednesday	6 th	12:00pm	Barbecue Lunch
Thursday	7 th	9:30am	Exercise Program
Thursday	7 th	10:30am	Quiz
Thursday	7 th	1:30pm	Walk in the Garden
Thursday	7 th	2:30pm	Read the News
Friday	8 th	9:30am	Exercise Program
Friday	8 th	10:00am	Birthday Cake
Friday	8 th	10:30am	Knitting and Craft Group
Friday	8 th	10:30am	Room Visits
Friday	8 th	1:30pm	Build a Story
Friday	8 th	3:00pm	Bede Polding College Girls Visit
Saturday	9 th	9:30am	Exercise Program

Saturday	9 th	10:30am	Bingo with Maureen And Nail Care
Saturday	9 th	12:45pm	Read the News
Sunday	10 th	1:30pm	Afternoon Movie
Monday	11 th	10:30am	Anglican Service
Monday	11 th	11:00am	Resident Focus Group
Monday	11 th	1:30pm	Ron Plays the Organ
Monday	11 th	2:30pm	Games with Esther
Tuesday	12 th	9:00am	Hairdresser
Tuesday	12 th	9:00am	Exercise with Trish
Tuesday	12 th	9:30am	Activities with Victoria and Raelene
Tuesday	12 th	10:00am	Jeff Visits
Tuesday	12 th	1:30pm	Activities with Vicki
Wednesday	13 th	10:00am	Catholic Service
Wednesday	13 th	10:30am	Craft and Games
Wednesday	13 th	1:30pm	Fred Gives a Talk
Thursday	14 th	9:30am	Exercise Program
Thursday	14 th	10:30am	Activities
Thursday	14 th	1:30pm	Read the News
Friday	15 th	9:30am	Exercise Program
Friday	15 th	10:30am	Knitting and Craft Group And Quizzes
Friday	15 th	3:30pm	Bede Polding College Girls Visit
Saturday	16 th	9:30am	Exercise Program
Saturday	16 th	10:30am	Bingo with Maureen
Saturday	16 th	10:30am	Hand Massages
Saturday	16 th	12:45pm	Name that Movie
Sunday	17 th	1:30pm	Afternoon Movie
Monday	18 th	11:00am	Exercise with Physio
Monday	18 th	1:30pm	Tim Berthet - Concert
Monday	18 th	2:30pm	Games with Esther
Tuesday	19 th	9:00am	Hairdresser
Tuesday	19 th	9:00am	Exercises with Trish

Tuesday	19 th	9:30am	Activities with Victoria and Raelene
Tuesday	19 th	1:30pm	Activities with Victoria
Wednesday	20 th	10:00am	Vintage Car Display
Wednesday	20 th	11:00am	Family High Tea Day
Thursday	21 st	9:30am	Mystery Bus Trip and McDonald's Ice Cream
Thursday	21 st	1:30pm	Read the News and Crossword
Thursday	21 st	3:00pm	Paul Leventhal – Classical Guitarist
Friday	22 nd		Late Celebration of St. Patrick's Day with an Irish Theme
Friday	22 nd	9:30am	Exercise Program
Friday	22 nd	10:30am	Knitting and Craft Group
Friday	22 nd	1:30pm	St. Patrick's Day Entertainment
Friday	22 nd	2:30pm	Irish Fun
Friday	22 nd	3:30pm	Bede Polding College Girls Visit
Saturday	23 rd	9:30am	Exercise Program
Saturday	23 rd	10:30am	Bingo with Maureen And Games
Saturday	23 rd	12:45pm	Word Games
Sunday	24 th	1:30pm	Afternoon Movie
Monday	25 th	9:00am	Podiatrist
Monday	25 th	11:00am	Exercise with Physio
Monday	25 th	2:00pm	Hawkesbury city Library Visit
Monday	25 th	2:30pm	Games with Esther
Tuesday	26 th	9:00am	Hairdresser
Tuesday	26 th	9:00am	Exercise with Trish
Tuesday	26 th	9:30am	Activities with Victoria and Raelene
Tuesday	26 th	10:00am	Jeff Visits
Tuesday	26 th	1:30pm	Activities with Victoria
Wednesday	27 th	9:00am	Bingo
Wednesday	27 th	10:00am	Catholic Service
Wednesday	27 th	10:30am	Activities with Kate and Leonie

Wednesday	27 th	10:30am	Cake Decorating
Wednesday	27 th	1:30pm	Fred Gives a Talk
Thursday	28 th	9:30am	Exercise Program
Thursday	28 th	10:30am	Fun Facts
Thursday	28 th	1:30pm	Read the News
Thursday	28 th	2:30pm	Walk in the Garden
Friday	29 th	9:30am	Exercise Program
Friday	29 th	10:30am	Knitting and Craft Group
Friday	29 th	1:30pm	Ron Plays the Organ
Friday	29 th	2:30pm	Word Games
Friday	29 th	3:30pm	Bede Polding College Girls Visit
Saturday	30 th	9:30am	Exercise Program
Saturday	30 th	10:30am	Bingo with Maureen And Nail Care
Saturday	30 th	12:45pm	Short Stories
Sunday	31 st	1:30pm	Afternoon Movie
CHECK THE PROGRAM BOARD FOR DAILY ACTIVITIES			

SAD FAREWELL

This month we say goodbye to Phyllis Tuckerman, Ted Boswell and Nancy Saunders. Phyllis, Ted and Nancy will be sadly missed, and our deepest sympathy goes out to their families and friends.

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 are welcome to use storage provided in the O'Grady room fridge. 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 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, 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

MUSICAL INSTRUMENTS

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

ACCORDION

BAGPIPE

BALALAIKA

BANJO

BASS

BODHRAN

CELESTE

CHIMES

CITTERN

CLARINET

COR ANGLAIS

COWBELL

CYMBALS

DIDGERIDOO

DRUM

EUPHONIUM

FLUTE

FRENCH HORN

GUITAR

HARP

KLAVIER

LUTE

LYRE

MANDOLIN

MARACAS

OBOE

PICCOLO

SAXAPHONE

SERPENTINE

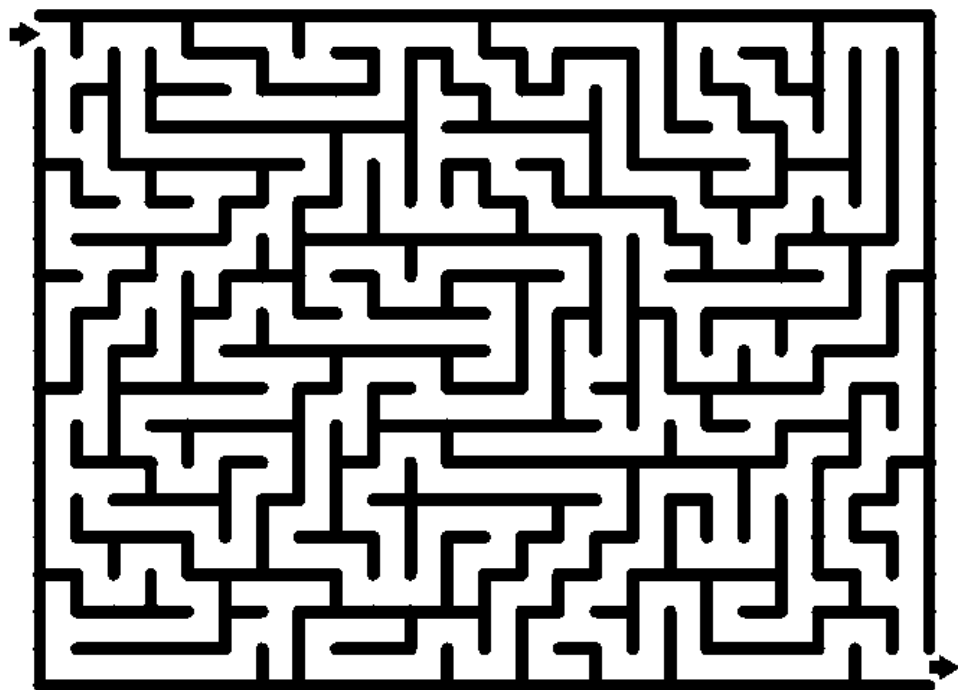
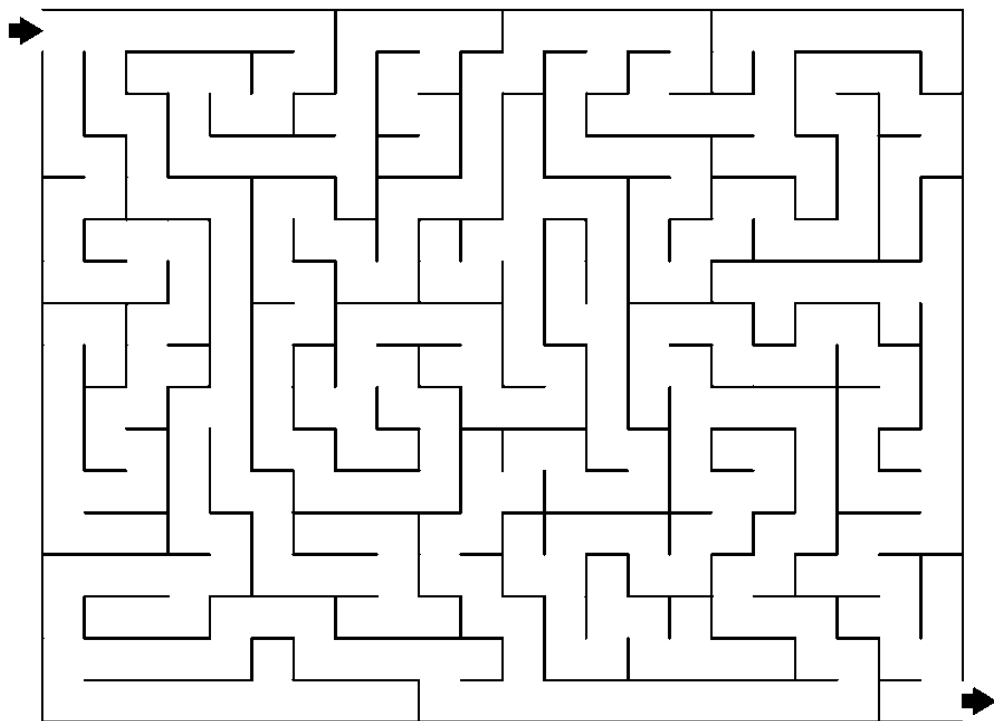
TRIANGLE

TROMBONE

TRUMPET

VIBRAPHONE

VIOLA



GARDEN VOLUNTEERS WANTED

We want to share some photos of our lovely gardens at the moment. I am sure that you will agree after all the terrible heat this summer the gardens are still looking remarkably beautiful. This is a result of hard work from quite a devoted team of gardeners at Fitzgerald. Please meet Christine Paine who is a long term volunteer at Fitzgerald. Christine was involved in a voluntary capacity in the conception and setup of this Facility way back in 1995. We are indeed fortunate to currently have Christine on our Board and also co-ordinating the voluntary gardeners that attend Fitzgerald. Christine likes to be hands on and completes lots of manual work herself including the donation of many plants from her own garden to us. Christine is always happy to discuss with Residents what they would like to see in our gardens and will do whatever it takes to make things happen if they are possible. The beautiful fountain in the back garden that Residents can see from the main lounge area is a direct result of the input from Christine. Christine is very grateful to our Groundskeeper Stephen who I am sure you will all agree is doing a first class job.

Christine would like to have a shout out to anyone that would like to come and join the team of voluntary gardeners at Fitzgerald to help with whatever they can , no job is to small and any help with watering, planting, weeding and the like would be very much appreciated. If you would like to volunteer to help in any way please see the office staff. Please help us to keep our gardens looking great!



Christine Paine (See the plea for volunteers opposite)



Garden at the Back



Esma and Firefighters



Audrey and Firefighter



Valentines Day: Indiana and Miep



Aurora, Nathan and Indiana