

# FITZGERALD NEWS & VIEWS

*March 2026*



- 3<sup>rd</sup> March** – Interactive Music Therapy
- 11<sup>th</sup> March** – Healing Paws Dog Therapy
- 17<sup>th</sup> March** – Theme Day: St. Patrick's Day
- 26<sup>th</sup> March** – Hawkesbury Song



Dennis & Mr Nibbles



Mavis & Mr Nibbles



Rosa & Mochi



Tonia, Nicki & Co.

Dear Residents, Families, and Friends,

February was a vibrant and enjoyable month, with residents taking part in a range of engaging activities including our Valentine's Day and "Taste of History" themed events, which brought warmth and connection to the home. We also welcomed special guest performers Kristy Lee, Natasha and Kyle, who created uplifting and joyful moments for everyone. Shrove Tuesday was another highlight, bringing residents together through shared traditions, and we appreciated the visit from the Windsor Church of Christ Youth Group, which added encouragement and strengthened intergenerational connections.

Over the past month, we have continued to focus on resident engagement, safety, and quality improvement. Our Resident Focus Group meetings remain an important part of how we listen, respond, and ensure resident choice is upheld in daily care, activities, meals, and the living environment. Feedback continues to be positive, and we are grateful for the open and supportive atmosphere within our community. We are also preparing for the upcoming Residents' Experience Survey, which gives residents and families another opportunity to share their views and help shape the future of care at Fitzgerald.

Looking ahead, March promises to be another vibrant and enjoyable month. We will celebrate St. Patrick's Day and Harmony Day, recognising the diversity and cultural richness of our community. Residents will benefit from interactive music therapy sessions and the much-loved

Healing Paws dog therapy visits, both of which support emotional wellbeing and social connection. We also look forward to welcoming Hawkesbury Song back to the home. During this month, we will also be hosting a farewell afternoon tea to thank Mary for her incredible contribution and dedication to our residents and the kitchen team.

From a health and safety perspective, we continue to monitor respiratory illnesses, including influenza, and reinforce infection prevention through vaccination awareness, hand hygiene, and early symptom reporting. With changing weather, we are also supporting residents to stay comfortable and hydrated. Following a recent snake sighting in the facility, we remind everyone to remain cautious outdoors, seek staff support when needed, and report any sightings promptly to maintain safety.

Thank you to our residents, families, staff, and volunteers for your ongoing support, kindness, and partnership. Your involvement continues to make Fitzgerald a warm, respectful, and vibrant place to call home.

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



## St Patrick's Day – A Little Green and a Lot of History



Each year on March 17, people around the world celebrate St Patrick's Day, a day filled with Irish pride, lively music, and of course, plenty of green. What began as a religious feast day in Ireland has grown into an international celebration enjoyed in many countries, including here in Australia.

St Patrick is the patron saint of Ireland, although interestingly he was not actually born Irish. He was born in Britain in the late 4th century and as a teenager was captured by Irish raiders and taken to Ireland as a slave. After several years he escaped, later returning to Ireland as a missionary. Over time he became closely associated with the country and its Christian history.

One famous symbol of the day is the shamrock, a small three-leaf clover. According to legend, St Patrick used it to explain the idea of the Holy Trinity. Wearing green and displaying shamrocks has become a cheerful tradition ever since.

You might be surprised to learn that the first St Patrick's Day parade was not held in Ireland at all, but in the United States in the 1700s. Today some of the biggest celebrations still take place outside Ireland. Even famous landmarks around the world are sometimes lit up green for the occasion.

There are also some fun traditions. In Chicago, the river is dyed bright green each year, while in Ireland people gather for music, dancing, and plenty of laughter. Here in Australia, many communities join in with themed events, Irish songs, and perhaps a hearty meal shared with friends.

Whether you have Irish heritage or simply enjoy the cheerful spirit of the day, St Patrick's Day is a lovely excuse to share stories, music, and a bit of fun together.



# Birthdays This Month



<b>18<sup>th</sup> March</b>	<b>Jeanne Appel</b>
<b>30<sup>th</sup> March</b>	<b>Marie Grimston</b>
<b>30<sup>th</sup> March</b>	<b>Mavis Minton</b>
<b>31<sup>st</sup> March</b>	<b>Robin Deaves</b>

The monthly birthday cake will be celebrated on Friday 27<sup>th</sup> March, 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 Elaine McInnes, Margaret McCarthy, and Beatrice Manley. 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. Our memories of Elaine, Margaret and Beatrice will live on and always be cherished.

## Special Events

<b>Tuesday</b>	<b>3<sup>rd</sup></b>	<b>Special Event: Interactive Music Therapy</b>
<b>Wednesday</b>	<b>11<sup>th</sup></b>	<b>Healing Paws Dog Therapy</b>
<b>Tuesday</b>	<b>17<sup>th</sup></b>	<b>Theme Day: St Patrick's Day</b>
<b>Monday</b>	<b>23<sup>rd</sup></b>	<b>Harmony Day</b>

<b>Sunday</b>	<b>1<sup>st</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>2<sup>nd</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Mel's Green Thumbs</b>
		<b>1:00pm</b>	<b>Afternoon Exercises</b>
		<b>1:30pm</b>	<b>Karaoke</b>
<b>Tuesday</b>	<b>3<sup>rd</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>Special Event: Interactive Music Therapy</b>
<b>Wednesday</b>	<b>4<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Lisa Reads Short Stories</b>
		<b>1:15pm</b>	<b>Teamific Global Quiz</b>
<b>Thursday</b>	<b>5<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>VR Travel</b>
		<b>1:15pm</b>	<b>Shopping Bus Trip</b>
<b>Friday</b>	<b>6<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:00am</b>	<b>Morning Tea &amp; Conversations with Margaret &amp; Helen</b>
		<b>1:15pm</b>	<b>Nailcare &amp; Classic Cinema</b>
<b>Saturday</b>	<b>7<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>8<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>9<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Anglican Church Service</b>
		<b>1:00pm</b>	<b>Afternoon Exercises</b>
		<b>1:30pm</b>	<b>Let's Have Some Fun</b>
<b>Tuesday</b>	<b>10<sup>th</sup></b>	<b>9:00am</b>	<b>Armchair Yoga</b>
		<b>9:30am</b>	<b>Bingo with Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>1:00pm</b>	<b>Board Game Club</b>

<b>Wednesday</b>	<b>11<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Catholic Church Service</b>
		<b>10:30am</b>	<b>Lisa Reads Short Stories</b>
		<b>1:15pm</b>	<b>Cooking Club</b>
<b>Thursday</b>	<b>12<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Let's Get Physical</b>
		<b>1:15pm</b>	<b>Afternoon Group Games</b>
<b>Friday</b>	<b>13<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:00am</b>	<b>Morning Tea &amp; Conversations with Margaret &amp; Helen</b>
		<b>1:00pm</b>	<b>Music Therapy with Peter</b>
		<b>2:00pm</b>	<b>Mary's Farewell Afternoon Tea</b>
<b>Saturday</b>	<b>14<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>15<sup>th</sup></b>	<b>10:15am</b>	<b>Catholic Service</b>
		<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>16<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>11:15am</b>	<b>Resident's Focus Group Meeting</b>
		<b>1:00pm</b>	<b>Afternoon Exercises</b>
		<b>1:30pm</b>	<b>Bonus Quiz</b>
<b>Tuesday</b>	<b>17<sup>th</sup></b>		<b><i>St. Patrick's Day</i></b>
		<b>9:00am</b>	<b>Armchair Yoga</b>
		<b>9:30am</b>	<b>Bingo With Judy</b>
		<b>10:30am</b>	<b>Whiteboard Games with Judy</b>
		<b>12:00pm</b>	<b><i>Theme Lunch: St Paddy's Day</i></b>
		<b>1:00pm</b>	<b>St Paddy's Activity</b>
<b>Wednesday</b>	<b>18<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
		<b>10:30am</b>	<b>Lisa Reads Short Stories</b>
		<b>1:15pm</b>	<b>Lisa's Craft Club</b>
<b>Thursday</b>	<b>19<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>9:30am</b>	<b>Stay On Bus Trip</b>
		<b>1:15pm</b>	<b>Reminiscence</b>
<b>Friday</b>	<b>20<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>

		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Classic Cinema & Nail Care
<b>Saturday</b>	<b>21<sup>st</sup></b>	9:15am	Exercises
		10:30am	Bingo With Maureen
		12:45pm	Read The News
<b>Sunday</b>	<b>22<sup>nd</sup></b>	10:15am	Catholic Service
		1:30pm	Sunday Movie
<b>Monday</b>	<b>23<sup>rd</sup></b>		Podiatrist
		9:15am	Armchair Yoga
		10:30am	Harmony Day Craft
		1:00pm	Afternoon Exercises
		1:30pm	Harmony Day Trivia
<b>Tuesday</b>	<b>24<sup>th</sup></b>	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Ten Pin Bowling
<b>Wednesday</b>	<b>25<sup>th</sup></b>	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Lisa Reads Short Stories
		1:15pm	Cooking Club
<b>Thursday</b>	<b>26<sup>th</sup></b>	9:00am	Exercises
		10:30am	Word Games
		1:30pm	Ron Plays The Organ
		5:30pm	Hawkesbury Song Performance
<b>Friday</b>	<b>27<sup>th</sup></b>	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
<b>Saturday</b>	<b>28<sup>th</sup></b>	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
<b>Sunday</b>	<b>29<sup>th</sup></b>	10:15am	Catholic Service
		1:30pm	Sunday Movie

<b>Monday</b>	<b>30<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
		<b>10:30am</b>	<b>Craft Club</b>
		<b>1:00pm</b>	<b>Afternoon Exercises</b>
		<b>1:30pm</b>	<b>Reflex Response Game</b>
<b>Tuesday</b>	<b>31<sup>st</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>1:00pm</b>	<b>Paint &amp; Sip</b>

\* Timetable subject to change

## 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 the Registered Nurses (RNs) before taking your family resident out, to ensure they do not miss out on their medication.

## **Mental Health Corner - The Joy Of Staying Curious**

No matter our age, curiosity is a wonderful way to keep our minds active and our spirits lifted. Being curious means staying open to learning, noticing new things, and asking questions about the world around us. It helps keep our brains engaged and brings a sense of enjoyment and purpose to everyday life.

Research shows that continuing to learn and try new things can support memory, improve mood, and build confidence. And the great news is that curiosity doesn't require huge effort or completing difficult tasks!

The following are a few ways to keep your curiosity alive here at Fitzgerald:

1. **Learn something new** – This could be a new game at our Board Game club, trying a new craft activity with Mel and Lisa, singing along with Peter our Music Therapist, or even learning an interesting fact or two during our Teamific Global Quiz!
2. **Ask questions and share stories** – Everyone here has lived a unique life full of experiences. Talking with one another can open the door to fascinating conversations so why not join us at our Friday morning Tea and Conversation group with Margaret and Helen.
3. **Read, listen, or watch something different** – Trying a new book from our library, watching a documentary together in the lounge room, or engaging your neighbours in conversation can spark fresh interests.
4. **Join activities and discussions** – Our RAO team runs multiple activities each day designed to keep both our mind and body engaged. Why not try attending something new?
5. **Notice the little things** – As we enter into Autumn you'll begin to notice new flowers in the garden, a change in the colour in the trees, and maybe some new flavours in the kitchen, these can all be small yet meaningful opportunities to engage your curiosity.

Staying curious reminds us that life still has many things to discover and enjoy. Every day can hold a new conversation, a new idea, or a new experience.

If you'd like help finding activities that interest you, speak with our Social Wellness Officer or a member of staff. We're always happy to help you stay engaged and connected. Let's keep our minds active and our curiosity alive.

# 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 & 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.

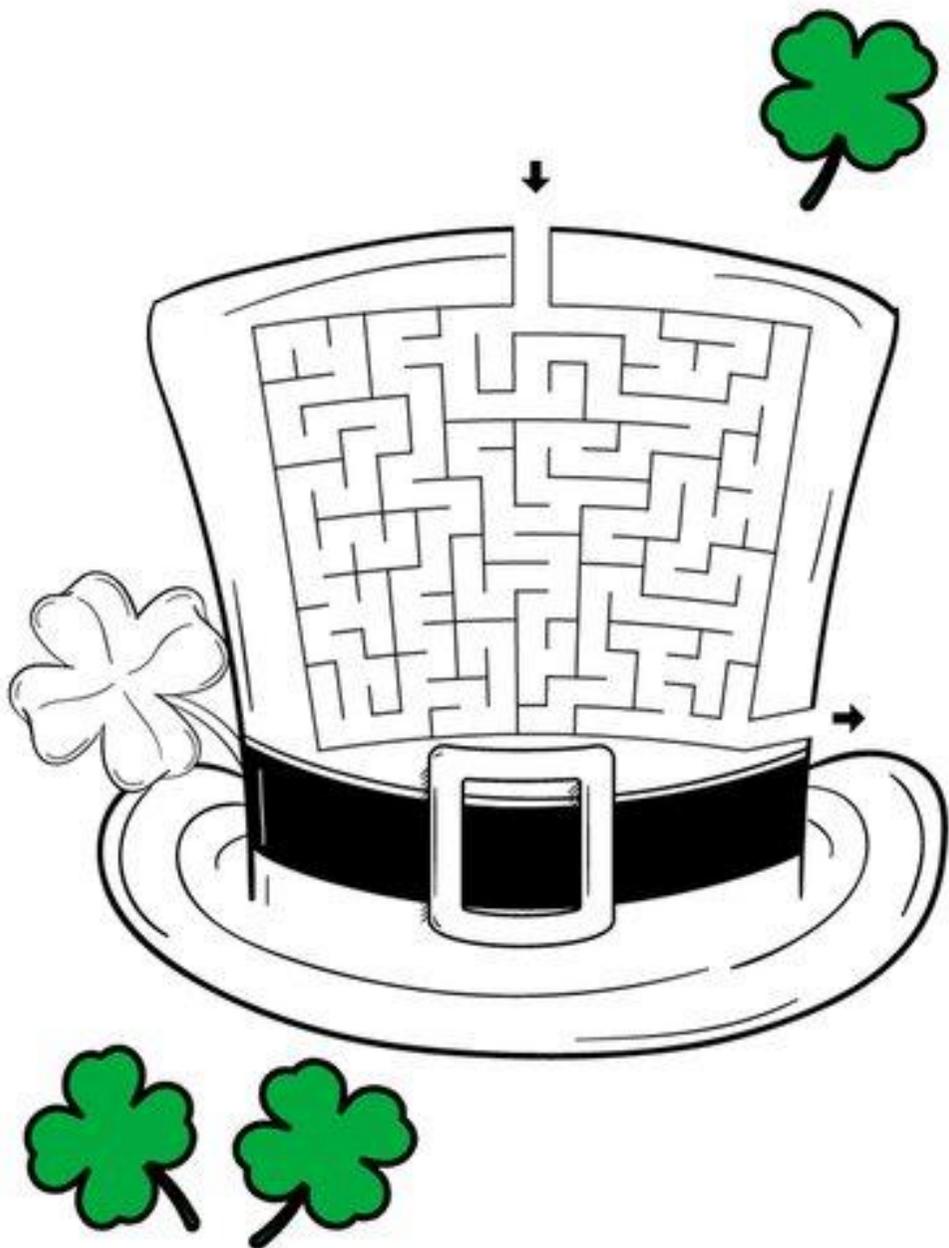
Other avenues for complaints are as follows:

Aged Care Quality Safety Commission; **Free call 1800 951 822**

Or online to: **[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)**

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

# St. Patrick's Day Maze



# WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

**Marie Grimston**

Complete this month's St. Patrick's Day themed word search & show it to our RAO staff for your chance to win a Shamrockin' prize !!

You'll be green with regret if miss out! But Clover the moon if you win!

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

Shamrock

Clover

Celtic

Emerald

Leprechaun

Patrick

Rainbow

Dublin

Ireland

Parade

Gold

Bagpipes



Betty & Mary



Pearl



A Taste Of History



A Taste Of History

