

# ***FITZGERALD***

## ***News & Views***



Saturday, 11 November  
Remembrance Day

# November 2017

## ANNAGRAMS

Another busy month is coming as the year is drawing to a close. For every one who likes a little flutter, Melbourne Cup is just around the corner! Melbourne Cup sweep tickets are now on sale: please see the Activities Officer's to purchase tickets. We are encouraging the staff to come dressed in their best hat/fascinator and are expecting the residents to vote on the winner.

On Remembrance Day we will have the opportunity to remember those servicemen and women who have given their lives in the service of our country.

Our Annual General Meeting will be held on Monday 20<sup>th</sup> November from 7.00 pm. The meeting usually goes for approximately an hour and then we have a light supper and catch up afterwards. All are welcome to attend.

Congratulations to Pryanka on the birth of her son, both are doing well. We have no news as yet on his name.

October 24<sup>th</sup> was a busy and exhausting day with our annual kitchen audit and an unannounced Accreditation visit. A great outcome for the facility with an A rating in the kitchen audit and no issues of concern identified from the Accreditation visit.

You will see some new faces over the next couple of weeks as new staff complete their orientation and take on more shifts. Please make them welcome.

Don't forget as the days start heating up drink extra fluids and stay inside during the hottest time of the day.

**VOLUNTEERS PLEASE** – More volunteers are needed for outings. The monthly program can be found on the wall above the sign-in desk, also on the Internet.

## POPPIES FOR REMEMBRANCE

During the First World War (1914–1918) much of the fighting took place in Western Europe. Previously beautiful countryside was blasted, bombed and fought over, again and again. The landscape swiftly turned to fields of mud: bleak and barren scenes where little or nothing could grow.

Bright red Flanders poppies (*Papaver rhoeas*) however, were delicate but resilient flowers and grew in their thousands, flourishing even in the middle of chaos and destruction. In early May 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lt Col John McCrae was inspired by the sight of poppies to write a now famous poem called '**In Flanders Fields**'.

McCrae's poem inspired an American academic, Moina Michael, to make and sell red silk poppies which were brought to England by a French woman, Anna Guérin. The (Royal) British Legion, formed in 1921, ordered 9 million of these poppies and sold them on 11 November that year. The poppies sold out almost immediately and that first ever 'Poppy Appeal' raised over £106,000; a considerable amount of money at the time. This was used to help WW1 veterans with employment and housing.

The following year, Major George Howson set up the Poppy Factory to employ disabled ex-Servicemen. Today, the factory and the Legion's warehouse in Aylesford produces millions of poppies each year.

The demand for poppies in England was so high that few were reaching Scotland. Earl Haig's wife established the 'Lady Haig Poppy Factory' in Edinburgh in 1926 to produce poppies exclusively for Scotland. Over 5 million Scottish poppies (which have four petals and no leaf unlike poppies in the rest of the UK) are still made by hand by disabled ex-Servicemen

at Lady Haig's Poppy Factory each year and distributed by our sister charity Poppyscotland.

## **In Flanders Fields**

by John McCrae, May 1915

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

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### **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.

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### **SPECIAL EVENTS**

Wednesday	1 <sup>st</sup>	11:30am	Barbecue Lunch
Monday	6 <sup>th</sup>	1:15pm	Bill Sarena - Entertainer
Tuesday	7 <sup>th</sup>	10:00am	Melbourne Cup Sweep Draw
		3:00pm	Melbourne Cup Race
Thursday	9 <sup>th</sup>	10:00am	Fashion Parade and Morning Tea at St. Matthew's Anglican Church – Cost \$10
Friday	10 <sup>th</sup>	8:30am	Londonderry Christmas Party
Monday	27 <sup>th</sup>	7:00pm	Macquarie Towns Choir

## NOVEMBER HAPPENINGS

Wednesday	1 <sup>st</sup>	9:00am	Bingo
Wednesday	1 <sup>st</sup>	11:30am	Barbecue Lunch
Wednesday	1 <sup>st</sup>	2:00pm	Board Games
Wednesday	1 <sup>st</sup>	3:00pm	One-on-One Time
Thursday	2 <sup>nd</sup>	9:30am	Exercise Program
Thursday	2 <sup>nd</sup>	10:30am	Walking Group
Thursday	2 <sup>nd</sup>	12:30pm	Country and Western Music - O'Grady Room
Thursday	2 <sup>nd</sup>	1:30pm	Yesteryear with Fred
Thursday	2 <sup>nd</sup>	3:00pm	Word Game
Friday	3 <sup>rd</sup>	9:30am	Exercise Program
Friday	3 <sup>rd</sup>	10:00am	Birthday Cake
Friday	3 <sup>rd</sup>	10:30am	One-on-One Time
Friday	3 <sup>rd</sup>	11:00am	Knitting Group
Friday	3 <sup>rd</sup>	11:00am	Room Visits
Friday	3 <sup>rd</sup>	1:15pm	Shopping Trip
Friday	3 <sup>rd</sup>	3:30pm	Student Volunteers
Saturday	4 <sup>th</sup>	10:30am	Bingo
Sunday	5 <sup>th</sup>	1:30pm	Sunday Movie
Monday	6 <sup>th</sup>	9:00am	Bingo
Monday	6 <sup>th</sup>	10:30am	Anglicare Visit
Monday	6 <sup>th</sup>	1:15pm	Bill Sarena - Entertainer
Monday	6 <sup>th</sup>	2:30pm	Craft
Monday	6 <sup>th</sup>	3:30pm	Volunteer Program
Tuesday	7 <sup>th</sup>	9:00am	Hairdresser
Tuesday	7 <sup>th</sup>	10:00am	Melbourne Cup Sweep Draw

Tuesday	7 <sup>th</sup>	10:30am	Residents' Horse Race
Tuesday	7 <sup>th</sup>	2:00pm	Hat Parade
Tuesday	7 <sup>th</sup>	3:00pm	Melbourne Cup Race
Wednesday	8 <sup>th</sup>	9:00am	Exercise Program
Wednesday	8 <sup>th</sup>	10:30am	Card Making
Wednesday	8 <sup>th</sup>	11:30am	Catholic Service
Wednesday	8 <sup>th</sup>	2:00pm	Trivia
Wednesday	8 <sup>th</sup>	3:00pm	Room Visits
Thursday	9 <sup>th</sup>	10:00am	Fashion Parade and Morning Tea at St. Matthew's Anglican Church
Thursday	9 <sup>th</sup>	12:30pm	Rock & Roll Music – O'Grady Room
Thursday	9 <sup>th</sup>	2:00pm	Australian Icons
Thursday	9 <sup>th</sup>	3:00pm	Short Stories
Friday	10 <sup>th</sup>	8:30am	Londonderry Christmas Party
Saturday	11 <sup>th</sup>		Remembrance Day
Saturday	11 <sup>th</sup>	10:30am	Bingo
Sunday	12 <sup>th</sup>	1:30pm	Sunday Movie
Monday	13 <sup>th</sup>	9:00am	Bingo
Monday	13 <sup>th</sup>	10:30am	Walking Group
Monday	13 <sup>th</sup>	11:30am	One-on-One Time
Monday	13 <sup>th</sup>	2:00pm	Afternoon Movie
Tuesday	14 <sup>th</sup>	9:00am	Hairdresser
Tuesday	14 <sup>th</sup>	9:30am	Exercise Walk
Tuesday	14 <sup>th</sup>	10:30am	Let's Laugh
Tuesday	14 <sup>th</sup>	11:30am	One-on-One Time
Tuesday	14 <sup>th</sup>	2:00pm	Craft

Wednesday	15 <sup>th</sup>	9:30am	Exercise Program
Wednesday	15 <sup>th</sup>	10:00am	High Tea
Wednesday	15 <sup>th</sup>	1:15pm	Concert – Tim Berthet
Thursday	16 <sup>th</sup>	9:30am	Exercise Program
Thursday	16 <sup>th</sup>	10:30am	Walking Group
Thursday	16 <sup>th</sup>	12:30pm	Jazz Music – O’Grady Room
Thursday	16 <sup>th</sup>	1:30pm	Yesteryear with Fred
Thursday	16 <sup>th</sup>	3:00pm	Word Games
Friday	17 <sup>th</sup>	9:30am	Exercise Program
Friday	17 <sup>th</sup>	10:30am	One-on-One Time
Friday	17 <sup>th</sup>	11:00am	Knitting Group
Friday	17 <sup>th</sup>	11:00am	Room Visits
Friday	17 <sup>th</sup>	2:00pm	Baby Boomers Australia 1950/1960 - Documentary
Friday	17 <sup>th</sup>	3:00pm	Short Stories
Friday	17 <sup>th</sup>	3:30pm	Student Volunteers
Saturday	18 <sup>th</sup>	10:30am	Bingo
Sunday	19 <sup>th</sup>	1:30pm	Sunday Movie
Monday	20 <sup>th</sup>	9:30am	Bingo
Monday	20 <sup>th</sup>	10:30am	Anglicare Visit
Monday	20 <sup>th</sup>	11:30Am	One-on-One Time
Monday	20 <sup>th</sup>	1:15pm	Mystery Bus Tour
Tuesday	21 <sup>st</sup>	9:00am	Hairdresser
Tuesday	21 <sup>st</sup>	9:30am	Exercise Program
Tuesday	21 <sup>st</sup>	10:00am	Quiz
Tuesday	21 <sup>st</sup>	11:30am	One-on-One Time
Tuesday	21 <sup>st</sup>	1:30pm	Residents Meeting



Wednesday	22 <sup>nd</sup>	9:00am	Bingo
Wednesday	22 <sup>nd</sup>	10:30am	Cake Decorating
Wednesday	22 <sup>nd</sup>	1:00pm	Board Games
Wednesday	22 <sup>nd</sup>	3:00pm	Afternoon Movie
Thursday	23 <sup>rd</sup>	9:30am	Exercise Program
Thursday	23 <sup>rd</sup>	10:30am	Walking Group
Thursday	23 <sup>rd</sup>	12:30pm	Music from Yesteryear – O’Grady Room
Thursday	23 <sup>rd</sup>	1:30pm	Gone With the Wind – Movie on the Big Screen
Friday	24 <sup>th</sup>	9:30am	Exercise Program
Friday	24 <sup>th</sup>	10:30am	One-on-One Time
Friday	24 <sup>th</sup>	11:00am	Knitting Group
Friday	24 <sup>th</sup>	11:00am	Room Visits
Friday	24 <sup>th</sup>	2:00pm	Surfing the Internet
Friday	24 <sup>th</sup>	3:30pm	Student Volunteers
Saturday	25 <sup>th</sup>	10:30am	Bingo
Sunday	26 <sup>th</sup>	1:30pm	Sunday Movie
Monday	27 <sup>th</sup>	9:30am	Bingo
Monday	27 <sup>th</sup>	11:30am	One-on-One Time
Monday	27 <sup>th</sup>	2:00pm	Trivia
Monday	27 <sup>th</sup>	2:00pm	Hawkesbury City Library Visit
Monday	27 <sup>th</sup>	7:00pm	Macquarie Towns Choir
Tuesday	28 <sup>th</sup>	9:00am	Hairdresser
Tuesday	28 <sup>th</sup>	9:30am	Exercise Program
Tuesday	28 <sup>th</sup>	10:00am	Treasure Hunt
Tuesday	28 <sup>th</sup>	11:00am	Room Visits

Tuesday	28 <sup>th</sup>	2:00pm	Painting
Wednesday	29 <sup>th</sup>	9:00am	Bingo
Wednesday	29 <sup>th</sup>	10:30am	Active Games
Wednesday	29 <sup>th</sup>	11:30am	One-on-One Time
Wednesday	29 <sup>th</sup>	2:00pm	Afternoon Movie
Thursday	30 <sup>th</sup>	9:30am	Exercise Program
Thursday	30 <sup>th</sup>	10:30am	Walking Group
Thursday	30 <sup>th</sup>	1:30pm	Yesteryear with Fred
Thursday	30 <sup>th</sup>	3:00pm	Short Stories

**Check the program board for daily activities**

**THANK YOU** to:

Bridges Disability Services for use of their bus,  
 Chandlers Funerals for always supporting our raffles,  
 David and Jim, our volunteer bus drivers,  
 and all of our merry band of volunteers.

**CHANGE OF SEASONS**

With the hotter weather approaching, could families check residents' clothes still fit, or ask staff to do it. We are finding that some residents' sizes have changed, and this limits the choice of clothes to wear.

**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.

## **IMPORTANT INFORMATION FOR RESIDENTS**

### **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

## CITIES OF FRANCE

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

AMIENS

LE MANS

MULHOUSE

REIMS

ANGERS

LILLE

NANCY

RENNES

BESANCON

LIMOGES

NANTES

ROUBAIX

BREST

LYON

NICE

STRASBOURG

CAEN

MARSEILLE

NIMES

TOULON

DIJON

METZ

ORLEANS

TOULOUSE

GRENOBLE

MONTPELLIER

PARIS

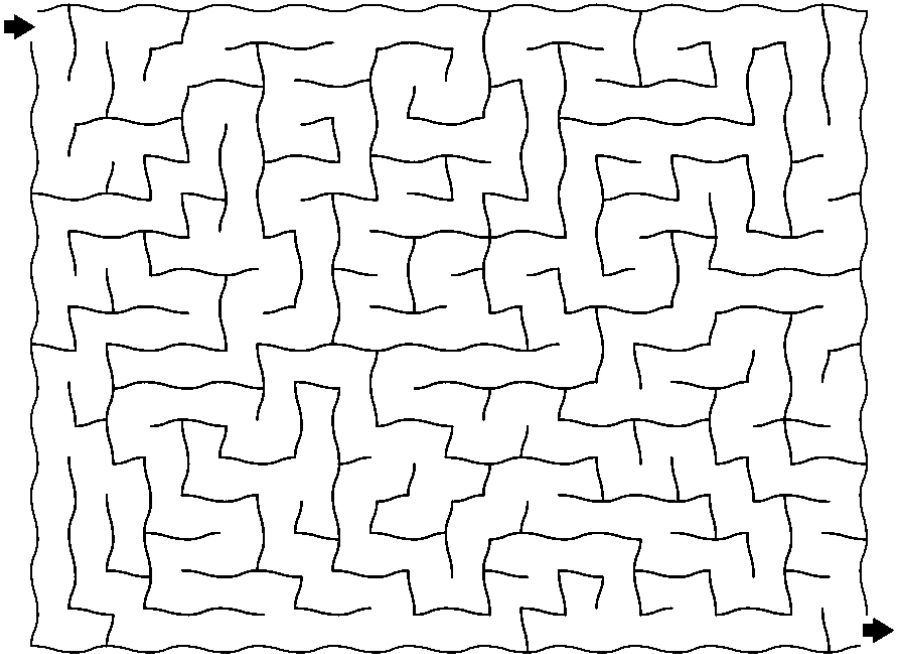
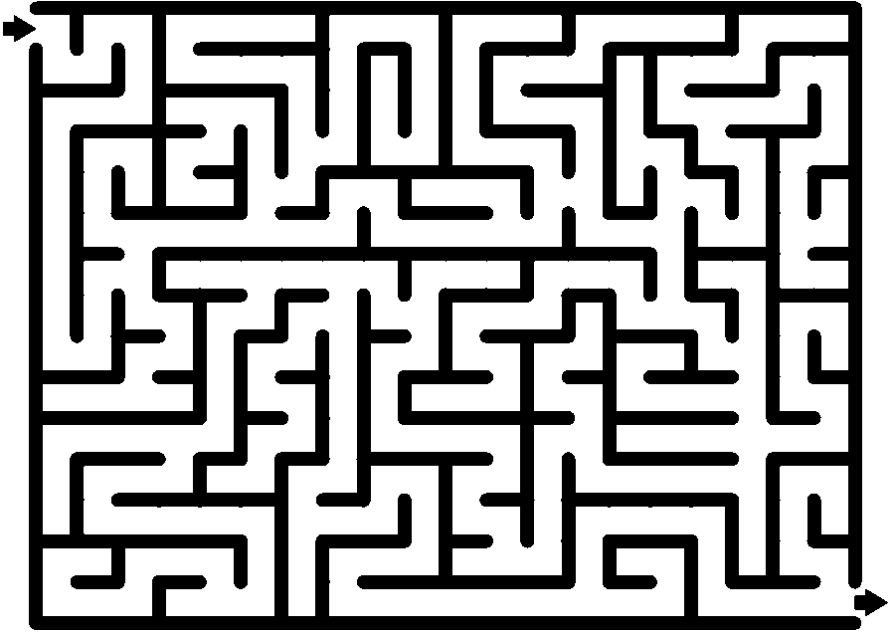
TOURS

LE HAVRE

MONTREUIL

PERPIGNAN

IT'S AMAZING





## RESIDENTS' BIRTHDAYS THIS MONTH

Ada Baker Thursday 9<sup>th</sup> November

The monthly birthday cake will be celebrated on **Friday 3<sup>rd</sup> November.**

### **Robin's Memories of Animals**

Glossodia, near Windsor NSW

A family of wood ducks came visiting our yard. There were mum and dad and eight ducklings. They were quite happily investigating the garden, when Jake, the neighbours' golden retriever, spotted them and began to bark ferociously. The ducklings immediately disappeared into the shrubbery, and could not be seen. Jake continued to bark until the neighbours came and calmed him. After a few minutes, the parent ducks started to collect the ducklings. When they got to seven, they were still agitated. They finally located another duckling a considerable distance away from the others. They were then quite calm and went about their business. They were trying to find a way through the back fence into the cow paddock. I made a small hole in the wire netting to let them through. You had better believe it, ducks can count.



### **SAD FAREWELL**

This month we say goodbye to two old friends, Colleen Josephs and Harry Albon. Colleen and Harry will be sadly missed, and our deepest sympathy goes out to their families and friends.