

FITZGERALD

NEWS & VIEWS

October 2026



2nd October –Theme Day: Oktoberfest
26th October – Hills Harmony Barbershop
29th October – Sydney Zoo Trip



Dear Residents, Families, and Friends,

September brought the beginning of spring and another busy month at Fitzgerald. Residents enjoyed our Father's Day Lunch, R U OK? Day, Hawkesbury Song performance, Fitzgerald Cinema Day and our colourful Teej celebration, which was a wonderful opportunity to recognise and share in the cultural diversity of our community. Our friends from St Matthew's Primary School also continued their regular visits, which are always warmly received.

I would like to thank residents and representatives for the excellent response to our RSV vaccination initiative. We received a strong number of consents, allowing us to offer this additional protection to many of our residents. Thank you also to our clinical team for coordinating the program and ensuring residents and families were kept informed throughout the process.

As we move into the warmer months, our focus is also shifting to summer preparedness, including keeping residents well hydrated, comfortable in warmer weather and able to safely enjoy more time outdoors. Staff will continue to support residents according to their individual needs and preferences.

October has plenty to look forward to. Our Oktoberfest Theme Day will bring some fun and celebration to the home, and we are looking forward to a special performance from the Hills Harmony Barbershop Chorus.

Something a little different will be arriving with our Fitzgerald Farm Yard – Hatching Baby Chickens activity. Watching the chicks hatch and grow should provide plenty of conversation, interest and enjoyment for residents.

We are also pleased to welcome Rev Shane Dirks for his first Anglican Church Service at Fitzgerald and to welcome back Fiona Macleod's Reading Group. Together with another visit from St Matthew's Primary School, these connections with our wider community continue to add greatly to life at Fitzgerald.

Thank you to our residents, families, staff, volunteers and community partners for everything you contribute. I hope everyone enjoys the warmer spring days ahead and another great month at Fitzgerald.

Warm regards,
Solomon Kebede, RN
Facility Manager



OKTOBERFEST



It was the best of times, it was the Wurst of times

Every October, people around the world dust off their lederhosen, put on their finest German outfits and get ready for Oktoberfest! Despite its name, the original Oktoberfest actually begins in September and runs into October. But why?

The story begins in Munich, Germany, in 1810, when Crown Prince Ludwig married Princess Therese of Saxe-Hildburghausen. The people of Munich were invited to join the celebrations and everyone enjoyed themselves so much that the celebrations were repeated the following year. And so, Oktoberfest was born!

Over the years, the festival grew considerably. Today, the Munich Oktoberfest attracts millions of visitors and features enormous beer tents, traditional German food, music, amusement rides and colourful parades. And when we say enormous, we mean it! The festival's beer tents are capable of seating thousands of people.

One of the most famous sights is the Oktoberfest beer mug, known as a *Maß* (pronounced roughly “mass”) which holds about one litre of beer! Just a bit larger than your average Australian schooner!

Traditional Bavarian clothing includes lederhosen for men and dirndls for women. And if you see someone wearing a dirndl, pay attention to where the bow is tied: traditionally, a bow on the left indicates that the wearer is single, while a bow on the right indicates they are married or in a relationship. A bow at the back has historically had other meanings, including being associated with widows or waitstaff.

Of course, you don't need to travel all the way to Germany to enjoy the spirit of Oktoberfest. We'll be celebrating it here at Fitzgerald on the 2nd of October with German food, music, dancing and plenty of laughter.

So this October, lets raise a glass to Oktoberfest and give a mighty “Prost!” That's German for “Cheers!”



Birthdays This Month



18th October	Judith Leece
20th October	John Knibbs
25th October	Charlie Meszaros
29th October	Colleen Mahony

The monthly birthday cake will be celebrated on Friday 30th October, 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.

Special Events

Friday	2nd	Theme Day: <i>Oktoberfest</i>
Monday	5th	Labour Day Public Holiday
Monday	12th	Anglican Church Service with new Minister: Rev Shane Dirks
Monday	26th	Special Guest Music Performance
Thursday	29th	Sydney Zoo Trip

Thursday	1st	9:15am	Exercises
		10:30am	VR Travel Experience
		1:15pm	Teamific Global Quiz
Friday	2nd	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	<i>Oktoberfest Lunch</i>
		1:15pm	Classic Cinema & Nail Care
Saturday	3rd	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	4th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	5th	9:15am	<i>Public Holiday</i>
Tuesday	6th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Tastes Around The World
Wednesday	7th	9:15am	Armchair Yoga
		10:00am	Morning Tea At McQuade Park
		1:15pm	Karaoke Sing-A-Long
Thursday	8th		<i>Egg Hatching Day</i>
		9:15am	Exercises
		10:30am	Reminiscence Activity
		1:15pm	Let's Get Active
Friday	9th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	10th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	11th	10:15am	Catholic Service

		1:30pm	Sunday Movie
Monday	12th	9:15am	Armchair Yoga
		10:30am	Anglican Church Service
		1:00pm	Afternoon Exercises
		1:30pm	Guess Who (Game)
Tuesday	13th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Ball Games
Wednesday	14th	9:15am	Armchair Yoga
		10:30am	Fiona Reads
		10:30am	Catholic Church Service
		1:15pm	Cooking Club
Thursday	15th	9:15am	Exercises
		10:00am	Morning Tea At McQuade Park
		1:15pm	Board Game Club
Friday	16th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Classic Cinema & Nail Care
Saturday	17th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	18th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	19th	9:15am	Exercises
		11:15am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	Karaoke Sing-A-Long
Tuesday	20th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	The Price Is Right (Games)
Wednesday	21st	9:15am	Exercises

		10:30am	Fiona Reads
		1:15pm	Bonus Quiz
Thursday	22 nd	9:00am	Exercises
		9:30am	Stay On Bus Trip
		1:10pm	St. Matthew's Primary Visit
Friday	23 rd	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Happy Hour
Saturday	24 th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	25 th	10:15am	Catholic Church Service
		1:30pm	Sunday Movie
Monday	26 th	9:15am	Exercises
		10:30am	Hills Harmony Barbershop Chorus
		1:00pm	Afternoon Exercises
		1:30pm	Mel's Animal Hour
Tuesday	27 th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30am	Paint & Sip
Wednesday	28 th	9:15am	Armchair Yoga
		10:30am	Fiona Reads
		10:30am	Catholic Church Service
		1:15pm	Cooking Club
Thursday	29 th		<i>Sydney Zoo Trip</i>
Friday	30 th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	The Month In Review (<i>Activity</i>)
Saturday	31 st	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News

Mental Health Corner - The Great Outdoors

As spring continues, October is a wonderful time to enjoy more of the outdoors. Spending time in fresh air and natural surroundings can be good for both our physical and mental wellbeing. Sunshine, gardens, birdsong, and simply watching the world go by can all provide moments of calm and enjoyment.

You don't need to go for a long walk or do anything strenuous to benefit. Even a few minutes outside, sitting on our back veranda, walking through the gardens or just enjoying some sunshine, can be a refreshing change of scenery.

Here are three simple ways to enjoy the outdoors:

1. **Enjoy the garden** –We have amazing maintenance staff and incredible Volunteers who dedicate their time to creating beautiful gardens. Why not take a moment to admire them.
2. **Morning Tea at the Park** – This month we're hoping for the perfect weather to take a walk up to McQuade Park for some morning tea. Check the timetable and let our staff know if you'd like to join us.
3. **Notice the season** – Take a moment to appreciate the signs of spring: new flowers, warmer days, longer afternoons, and the sounds of nature.

Spending time outdoors can also provide a wonderful opportunity to connect with others. A shared conversation in the sunshine or a stroll around the garden can be just as valuable for our wellbeing as the fresh air itself.

If you'd like some company or assistance getting outside, please speak with our Social Wellness Officer or a member of staff. We're always happy to help.

This October, let's make the most of spring and enjoy a little fresh air, sunshine, and nature whenever we can!

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:

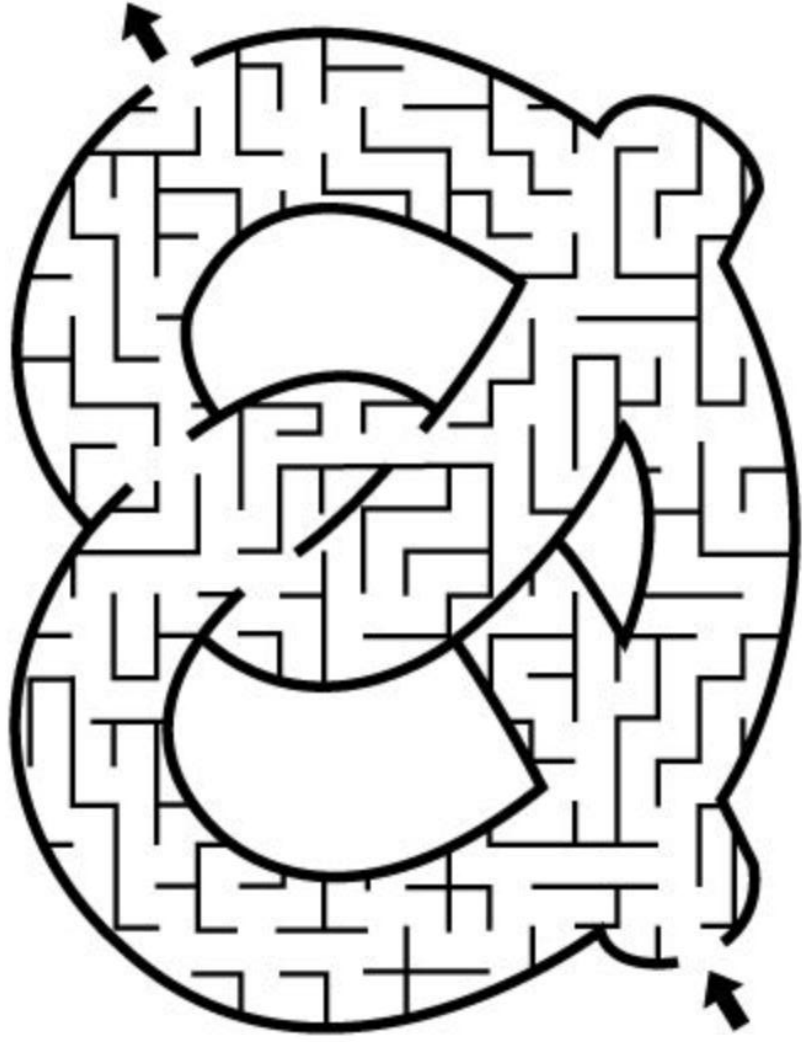
Aged Care Quality

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

Pretzel Maze



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Marie Grimston

Complete this month's OKTOBERFEST word search and show it to our wunderbar RAO staff for your chance to be crowned Bavarian Royalty.

Go on, give it a try. It'd be the wurst if you missed out!

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

Germany

Sausage

Oktoberfest

Beer

Bratwurst

Drindl

Pretzel

Polka

Bavarian

Lederhosen

Accordion

Prost

