

FITZGERALD NEWS & VIEWS

September 2026



4th September – Father's Day Lunch

10th September – RU OK? Day

10th September – Hawkesbury Song Performance



Dear Residents, Families, and Friends,

August was another busy and enjoyable month at Fitzgerald, with plenty of opportunities for residents to connect, participate and have some fun. Our Fire & Ice Theme Day and Pyjama Day were particular highlights, along with visits from St Matthew's Primary School, a special performance by Tim Berthet, and our regular Shopping Bus and Stay On Bus outings.

It has also been wonderful to see the growing connection between our residents and students from St Matthew's. These intergenerational visits bring a different energy to the home and are always warmly welcomed by our residents.

We were also pleased during August to continue our 5-Star Overall Rating. This is something we are very proud of and reflects the ongoing commitment of our staff, residents, families, volunteers and Board to maintaining a high standard of care and quality of life at Fitzgerald.

As winter comes to an end, I would like to thank everyone for their cooperation and support throughout what can be a challenging season in residential aged care. We have continued to focus closely on infection prevention and resident wellbeing, including progressing the RSV vaccination program for eligible residents with the support and consent of residents and their representatives.

August also gave us an opportunity to recognise our wonderful team during Aged Care Employee Day. The dedication and compassion shown by our staff every day is what makes Fitzgerald the community it is, and I remain very grateful for their contribution.

Looking ahead, September has another great program planned. We will celebrate Father's Day, recognise R U OK? Day, welcome back Hawkesbury Song, enjoy a Fitzgerald Cinema Day, and celebrate our cultural diversity with a special Teej performance for the Nepali Festival. We will also continue our valued visits from St Matthew's Primary School.

As always, we continue to listen closely to our residents through our regular Resident Focus Group meetings. Their feedback, suggestions and involvement are an important part of how we continue improving life at Fitzgerald.

Thank you to our residents, families, staff and volunteers for your continued support. I look forward to another enjoyable month together as we welcome spring.

Warm regards,
Solomon Kebede, RN
Facility Manager



The Season Of New Life



After the cooler months of winter, September brings one of Australia's most welcome changes.... Spring! The days become longer, gardens burst into colour, and we start to see more sunshine and warmer temperatures. Spring has traditionally been associated with new beginnings, growth and fresh starts.

Spring has played an important role throughout history. Ancient cultures held festivals to celebrate the return of warmth and fertility after winter. The Romans even had a goddess named *Flora*, associated with flowers and springtime. Their annual festival, the Floralia, involved flowers, dancing, performances and celebrations, though throughout the ages the festival became quite risqué so best not to copy *all* of their party ideas at Friday's morning tea!

One of the most noticeable signs of spring in Australia is the blossoming of flowers. Our famous Jacarandas, wattles, bottlebrushes and many garden plants provide spectacular displays. Spring is also an important time for Australian wildlife, with many birds nesting and animals becoming more active and birthing their young.

Spring also brings one of Aussie kids least favourite pastimes: spring cleaning. The tradition goes back centuries, when people would take advantage of warmer weather and longer daylight hours to clean their homes after spending much of winter indoors. Before modern vacuum cleaners and spray-and-wipe products, this could be quite an undertaking! Rugs were beaten outside, windows were scrubbed and furniture was moved around perhaps making today's spring cleaning seem like a rather easy job.

Whether it's enjoying the sunshine, tending to a garden, watching the birds return, or simply opening the windows and letting in some fresh air, spring reminds us that every season brings its own little joys. So let's enjoy the warmer days, the flowers and the longer afternoons, and perhaps leave the spring cleaning until tomorrow!



Birthdays This Month



2nd September	Joan Durrington
15th September	Rosa Palacios
22nd September	Judy Gardiner
30th September	Keith Plant

The monthly birthday cake will be celebrated on Friday 25th September, 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 Anthony Camenzuli, Joan Haddock, and Zeila Collins who passed away at the end of June. They will be deeply missed by all of us, and our thoughts and deepest sympathies go out to their family and friends during this difficult time. Our memories of Tony, Joan and Zeila will live on and always be cherished.

Special Events

Friday	4th	Father's Day Lunch
Monday	7th	Nepali "Teej" Performance
Thursday	10th	RU OK? Day
Thursday	10th	Hawkesbury Song Performance
Monday	28th	Fitzgerald Cinema Day

Tuesday	1st	9:00am	Exercises
		9:30am	Bingo with Judy
		11:00am	Whiteboard Games with Judy
		1:15pm	VR Travel Experience
Wednesday	2nd	9:15am	Armchair Yoga
		10:30am	Karaoke Sing-a-long
		1:15pm	Let's Get Active Games
Thursday	3rd	9:15am	Exercises
		10:30am	Australian History Hour
		1:30pm	Teamific Global Quiz
Friday	4th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		12:00pm	Father's Day Lunch
		1:15pm	Classic Cinema & Nail Care
Saturday	5th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		1:30pm	Saturday Movie
Sunday	6th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	7th	9:15am	Exercises
		10:30am	Board Game Club
		1:00pm	Afternoon Exercises
		1:30pm	Nepali 'Teej' Performance
Tuesday	8th	9:00am	Armchair Yoga
		9:30am	Bingo With Judy
		11:00am	Whiteboard Games with Judy
		1:15pm	Reminiscence Activity
Wednesday	9th	9:15am	Armchair Yoga
		10:30am	Catholic Church Service
		10:30am	Fun & Games with Lisa
		1:15pm	Cooking Club
Thursday	10th	9:15am	Exercises
		10:30am	RU OK? Day Workshop

		1:10pm	St. Matthews Primary School Visit
		5:30pm	Hawkesbury Song Performance
Friday	11th	9:15am	Armchair Yoga
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	12th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	13th	10:15am	Catholic Service
		1:30pm	Sunday Movie
Monday	14th	9:15am	Armchair Yoga
		10:30am	Anglican Church Service
		1:00pm	Afternoon Exercises
		1:30pm	The Price Is Right
Tuesday	15th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:30pm	Afternoon Group Games
Wednesday	16th	9:15am	Armchair Yoga
		10:30am	Trivia
		1:15pm	Craft Club
Thursday	17th	9:15am	Exercises
		10:30am	Stay On Bus Trip
		1:15pm	VR Animal Experience
Friday	18th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Classic Cinema & Nail Care
Saturday	19th	9:15am	Exercises
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	20th	10:15am	Catholic Service
		1:30pm	Sunday Movie

Monday	21st	9:15am	Exercises
		11:15am	Resident's Focus Group Meeting
		1:00pm	Afternoon Exercises
		1:30pm	Reminiscence Activity
Tuesday	22nd	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15pm	Paint & Sip
Wednesday	23rd	9:15am	Exercises
		10:30am	Catholic Church Service
		10:30am	Let's Get Active Games
		1:15pm	Cooking Club
Thursday	24th	9:15am	Exercises
		10:30am	Ron Plays The Organ
		1:15pm	St Matthews Primary Visit
Friday	25th	9:15am	Exercises
		10:00am	Morning Tea & Conversations with Margaret & Helen
		1:15pm	Music Therapy with Peter
Saturday	26th	9:15am	Armchair Yoga
		10:30am	Bingo with Maureen
		12:45pm	Read The News
Sunday	27th	10:15am	Catholic Church Service
		1:30pm	Sunday Movie
Monday	28th		Podiatrist
		9:15am	Exercises
		1:00pm	Afternoon Exercises
		1:30pm	Special Fitzgerald Cinema Event
Tuesday	29th	9:00am	Exercises
		9:30am	Bingo with Judy
		10:30am	Whiteboard Games with Judy
		1:15am	Rock Art Workshop
Wednesday	30th	9:15am	Armchair Yoga
		10:30am	Reminiscence Activity

Mental Health Corner - When A Little Giggle Goes A Long Way

A good laugh can brighten even the greyest day! Laughter is more than just fun, it can help reduce stress, lift our mood, and bring people closer together. Sharing a funny story, enjoying a favourite comedy, or having a giggle with friends can create moments of happiness and connection.

Laughter doesn't mean that we have to ignore life's challenges. Rather, finding moments of humour can give us a welcome break and help us approach difficult days with a little more lightness.

Here are three simple ways to invite more laughter into your day:

1. **Share a funny story** – Why not share a favourite joke, funny memory, or amusing moment from your past with someone.
2. **Enjoy some entertainment** – Ask to watch your favourite comedy with others in the lounge room, ask staff to tell you a joke, or join in an activity that makes you smile.
3. **Laugh together** – Spend time with friends, family, fellow residents, or staff. Often times the funniest moments occur naturally when we're together.

A smile and a laugh can be contagious. By sharing a little more humour and happiness with those around us, we can help create a warmer and more enjoyable community.

If you're feeling low or finding it difficult to enjoy the things you usually love, please speak with our Social Wellness Officer or a member of staff. We're always here to listen and support you.

This September, let's make time for plenty of smiles, shared laughter, and happy memories!

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:

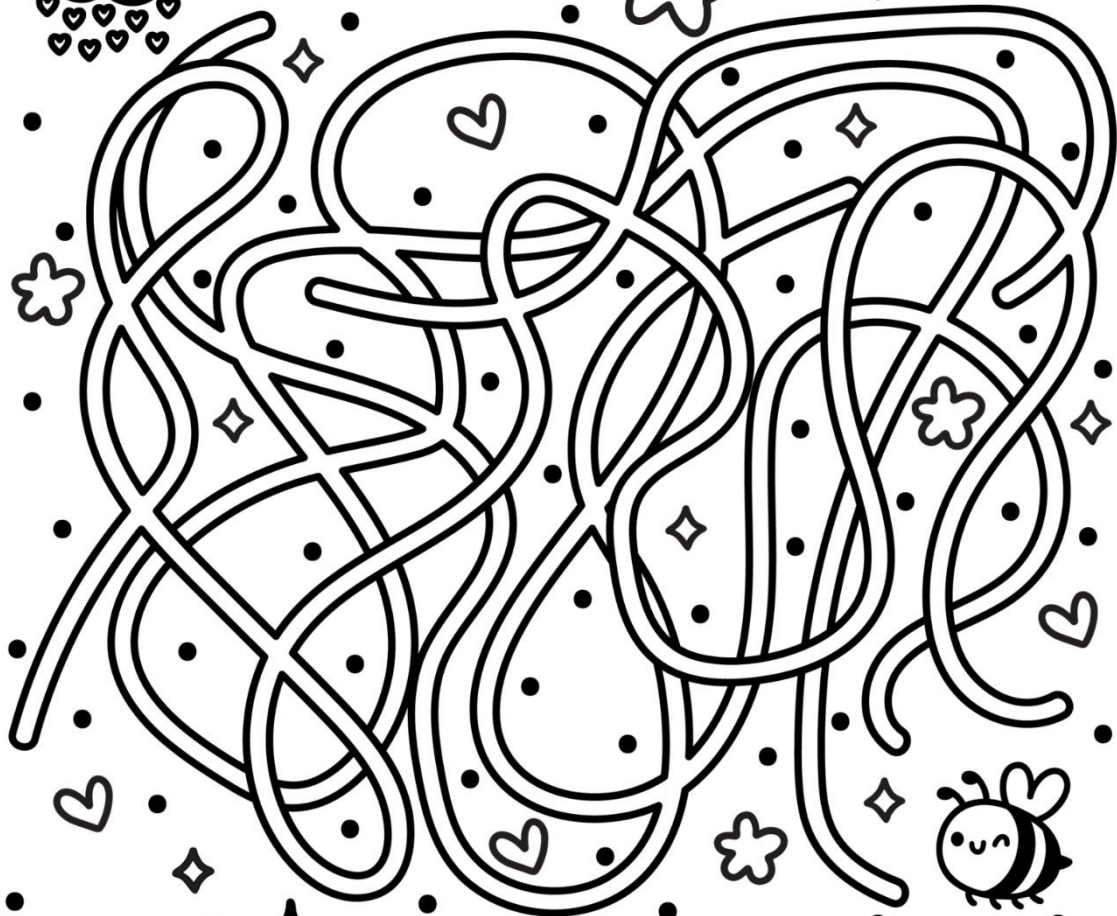
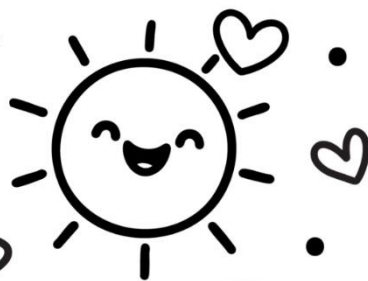
Aged Care Quality

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

SPRING MAZE



SPRING IS
IN THE AIR



WORDSEARCH COMPETITION

CONGRATULATIONS TO LAST MONTHS WINNER:

Mavis Minton

Complete this month's FATHER'S DAY themed word search and show it to one of our
RAO staff for your chance to win a dad-solutely fantastic prize!
Don't dad-dle around, You'd be father than sorry if you miss out!

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

Grandpa	Paternal	Card	Family
Celebrate	Grandfather	Love	Fatherhood
Dad	Son	Father	Gift



