

# ***FITZGERALD NEWS & VIEWS August 2022***



***Enrich your life by volunteering  
in residential aged care***

***WE NEED YOU***



Pyjama Day Staff



Alan



Margaret, Jean and Melinda



Lisa and Skai



June, Margaret, Melinda and Betty

## ANNAGRAMS

Half the year has gone it seems in a blink of an eye and we are still at the mercy of COVID. The weather however is improving so make use of our beautiful outdoor areas before it starts to get too hot.

We are slowly encouraging our volunteers back and more families will be doing the Partner in Care training this month.

Thank you to everyone for keeping up with our infection control practices, visitor booking and visitor restrictions. COVID is increasing out in the community and we still need to remain vigilant: mask wearing, hand hygiene, social distancing and the yellow slip.

I would like to continue to encourage all family members to get vaccinated against COVID and the 2022 Influenza virus which is now circulating. The vaccines may not prevent you catching the virus but will hopefully lessen the severity of the illness.

Don't forget that if you or your family members have any concerns or issues you can bring them to the attention of any staff member or Management. We want to make Fitzgerald the best home it can be and your help and feedback is very important

**Anna Whitney RN, Executive Manager**

## VOLUNTEERS NEEDED

Since the start of the COVID pandemic, Government rules stopped the very necessary work of volunteers in Aged Care. The impact, of this and visitor restrictions on residents, such as malnutrition, weight loss and/or physical deterioration, has been recognized.

Residents in aged care need companionship. They value special time spent with visitors, such as family, friends or other members of the community. To support this, the Australian Government is encouraging the return of volunteers, and inviting new volunteers into residential aged care facilities.

**Please contact us if you would like to join our team!**

## SAD FAREWELL

This month we say goodbye to Alan Wrench. Alan will be sadly missed, and our deepest sympathy goes out to his families and friends.

## Special Events This Month

Thursday	4 <sup>th</sup>	Shopping Bus
Friday	5 <sup>th</sup>	Jeans 4 Genes Day
Thursday	18 <sup>th</sup>	Bus Trip

### JEANS FOR GENES

1 in 20 kids faces a birth defect or genetic disease, like cancer, cystic fibrosis, and life-threatening metabolic disorders. The Children's Medical Research Institute is dedicated and development of cures for these devastating conditions. Donations are always very welcome

### 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-4pm Monday to Friday, so we can arrange a suitable time with you to make these calls. We are more than happy to help.

### RESIDENTS' BIRTHDAYS THIS MONTH

13 <sup>th</sup> August	Sylvia Cooke
17 <sup>th</sup> August	Dellar Ferguson
18 <sup>th</sup> August	Kathleen Hetherington
24 <sup>th</sup> August	Patricia Dyer
26 <sup>th</sup> August	Jean Quinn

The monthly birthday cake will be celebrated on Friday, 12<sup>th</sup> August at 12:30 pm at the Birthday Lunch.

## AUGUST HAPPENINGS

<b>Monday</b>	<b>1<sup>st</sup></b>	<b>9:30am</b>	Exercise Program
<b>Monday</b>	<b>1<sup>st</sup></b>	<b>10:30am</b>	Whiteboard Game
<b>Monday</b>	<b>1<sup>st</sup></b>	<b>1:30pm</b>	Trivia
<b>Tuesday</b>	<b>2<sup>nd</sup></b>		Hairdresser
<b>Tuesday</b>	<b>2<sup>nd</sup></b>	<b>9:30am</b>	Exercises Program
<b>Tuesday</b>	<b>2<sup>nd</sup></b>	<b>10:30am</b>	Whiteboard Game
<b>Wednesday</b>	<b>3<sup>rd</sup></b>	<b>9:00am</b>	Bingo with Judy
<b>Wednesday</b>	<b>3<sup>rd</sup></b>	<b>10:00am</b>	Activities with Judy
<b>Wednesday</b>	<b>3<sup>rd</sup></b>	<b>11:00am</b>	Men's Group
<b>Wednesday</b>	<b>3<sup>rd</sup></b>	<b>12:00pm</b>	Barbecue Lunch
<b>Thursday</b>	<b>4<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Thursday</b>	<b>4<sup>th</sup></b>	<b>10:30am</b>	Word Game
<b>Thursday</b>	<b>4<sup>th</sup></b>	<b>1:30pm</b>	Shopping bus Trip
<b>Friday</b>	<b>5<sup>th</sup></b>		Jeans 4 Genes Day Theme
<b>Friday</b>	<b>5<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Friday</b>	<b>5<sup>th</sup></b>	<b>10:30am</b>	Knitting and Craft Group
<b>Friday</b>	<b>5<sup>th</sup></b>	<b>1:30pm</b>	Ron Plays the Organ
<b>Saturday</b>	<b>6<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Saturday</b>	<b>6<sup>th</sup></b>	<b>10:30am</b>	Bingo with Maureen
<b>Saturday</b>	<b>6<sup>th</sup></b>	<b>12:45pm</b>	Read the News
<b>Sunday</b>	<b>7<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Monday</b>	<b>8<sup>th</sup></b>	<b>10:30am</b>	Anglican Service
<b>Monday</b>	<b>8<sup>th</sup></b>	<b>1:30pm</b>	Trivia
<b>Tuesday</b>	<b>9<sup>th</sup></b>		Hairdresser
<b>Tuesday</b>	<b>9<sup>th</sup></b>	<b>9:30am</b>	Exercises Program
<b>Tuesday</b>	<b>9<sup>th</sup></b>	<b>10:00am</b>	Catholic Service
<b>Tuesday</b>	<b>9<sup>th</sup></b>	<b>2:30pm</b>	Fiona Visits with Suzie
<b>Wednesday</b>	<b>10<sup>th</sup></b>	<b>9:00am</b>	Bingo with Judy
<b>Wednesday</b>	<b>10<sup>th</sup></b>	<b>10:00am</b>	Activities with Judy
<b>Wednesday</b>	<b>10<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Thursday</b>	<b>11<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Thursday</b>	<b>11<sup>th</sup></b>	<b>10:30am</b>	Reminiscences
<b>Thursday</b>	<b>11<sup>th</sup></b>	<b>1:30pm</b>	Did You Know?

<b>Thursday</b>	<b>11<sup>th</sup></b>	<b>2:30pm</b>	Read the News
<b>Friday</b>	<b>12<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Friday</b>	<b>12<sup>th</sup></b>	<b>10:00am</b>	Birthday Cake
<b>Friday</b>	<b>12<sup>th</sup></b>	<b>10:30am</b>	Knitting and Craft Group
<b>Friday</b>	<b>12<sup>th</sup></b>	<b>1:30pm</b>	Read the News
<b>Friday</b>	<b>12<sup>th</sup></b>	<b>2:30pm</b>	Sing-a-Long
<b>Saturday</b>	<b>13<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Saturday</b>	<b>13<sup>th</sup></b>	<b>10:30am</b>	Bingo with Maureen
<b>Saturday</b>	<b>13<sup>th</sup></b>	<b>12:45pm</b>	Word Game
<b>Sunday</b>	<b>14<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Monday</b>	<b>15<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Monday</b>	<b>15<sup>th</sup></b>	<b>9:30am</b>	1:1 visits with Sharyn
<b>Monday</b>	<b>15<sup>th</sup></b>	<b>11:00am</b>	Resident Focus Meeting
<b>Monday</b>	<b>15<sup>th</sup></b>	<b>1:30pm</b>	Trivia
<b>Tuesday</b>	<b>16<sup>th</sup></b>		Hairdresser
<b>Tuesday</b>	<b>16<sup>th</sup></b>	<b>9:30am</b>	Exercises Program
<b>Tuesday</b>	<b>16<sup>th</sup></b>	<b>10:30am</b>	Whiteboard Activities
<b>Tuesday</b>	<b>16<sup>th</sup></b>	<b>1:30pm</b>	Concert with Greg
<b>Tuesday</b>	<b>16<sup>th</sup></b>	<b>2:30pm</b>	Fiona Visits with Lady
<b>Wednesday</b>	<b>16<sup>th</sup></b>	<b>9:00am</b>	Bingo with Judy
<b>Wednesday</b>	<b>16<sup>th</sup></b>	<b>11:00am</b>	Whiteboard game with Judy
<b>Wednesday</b>	<b>17<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Thursday</b>	<b>18<sup>th</sup></b>	<b>9:30am</b>	Picnic in the Park Bus trip
<b>Thursday</b>	<b>18<sup>th</sup></b>	<b>1:30pm</b>	Short Stories
<b>Thursday</b>	<b>18<sup>th</sup></b>	<b>2:30pm</b>	Sing-a-Long
<b>Friday</b>	<b>19<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Friday</b>	<b>19<sup>th</sup></b>	<b>10:30am</b>	Knitting and Craft Group
<b>Friday</b>	<b>19<sup>th</sup></b>	<b>1:30pm</b>	Quizzes
<b>Friday</b>	<b>19<sup>th</sup></b>	<b>2:30pm</b>	Read the News
<b>Saturday</b>	<b>20<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Saturday</b>	<b>20<sup>th</sup></b>	<b>10:30am</b>	Bingo with Maureen
<b>Saturday</b>	<b>20<sup>th</sup></b>	<b>12:45pm</b>	Read the News
<b>Sunday</b>	<b>21<sup>st</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Monday</b>	<b>22<sup>nd</sup></b>	<b>9:30am</b>	Exercises Program

<b>Tuesday</b>	<b>23<sup>rd</sup></b>		Hairdresser
<b>Tuesday</b>	<b>23<sup>rd</sup></b>	<b>9:30am</b>	Exercise Program
<b>Tuesday</b>	<b>23<sup>rd</sup></b>	<b>10:00am</b>	Catholic Service
<b>Tuesday</b>	<b>23<sup>rd</sup></b>	<b>1:30pm</b>	Fiona Visits with Lady
<b>Wednesday</b>	<b>24<sup>th</sup></b>	<b>9:00am</b>	Bingo with Judy
<b>Wednesday</b>	<b>24<sup>th</sup></b>	<b>10:00am</b>	Whiteboard game with Judy
<b>Wednesday</b>	<b>24<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Thursday</b>	<b>25<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Thursday</b>	<b>25<sup>th</sup></b>	<b>10:30am</b>	Trivia
<b>Friday</b>	<b>26<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Friday</b>	<b>26<sup>th</sup></b>	<b>10:30am</b>	Knitting and Craft Group
<b>Friday</b>	<b>26<sup>th</sup></b>	<b>1:15pm</b>	Ron Plays the Organ
<b>Friday</b>	<b>26<sup>th</sup></b>	<b>2:30pm</b>	Sing-a-Long
<b>Saturday</b>	<b>27<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Saturday</b>	<b>27<sup>th</sup></b>	<b>10:30am</b>	Bingo with Maureen
<b>Saturday</b>	<b>27<sup>th</sup></b>	<b>12:45pm</b>	Read the News
<b>Sunday</b>	<b>28<sup>th</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>Monday</b>	<b>29<sup>th</sup></b>		Podiatrist
<b>Monday</b>	<b>29<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Monday</b>	<b>29<sup>th</sup></b>	<b>9:30am</b>	1:1 activities with Sharyn
<b>Monday</b>	<b>29<sup>th</sup></b>	<b>1:30pm</b>	Trivia
<b>Tuesday</b>	<b>30<sup>th</sup></b>		Hairdresser
<b>Tuesday</b>	<b>30<sup>th</sup></b>	<b>9:30am</b>	Exercise Program
<b>Tuesday</b>	<b>30<sup>th</sup></b>	<b>10:30am</b>	Whiteboard Games
<b>Tuesday</b>	<b>30<sup>th</sup></b>	<b>2:30pm</b>	Fiona Visits with Lady
<b>Wednesday</b>	<b>31<sup>st</sup></b>	<b>9:00am</b>	Bingo with Judy
<b>Wednesday</b>	<b>31<sup>st</sup></b>	<b>11:00am</b>	Whiteboard Game with Judy
<b>Wednesday</b>	<b>31<sup>st</sup></b>	<b>1:30pm</b>	Afternoon Movie
<b>CHECK THE PROGRAM BOARD FOR DAILY ACTIVITIES</b>			

## **THANK YOU to:**

- Our merry band of Volunteers who make a world of difference.
- Bridges Disability Services for the use of their buses.
- Windsor Funeral Homes for sponsoring our raffles and special days.

## **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, 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 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 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.

Other avenues for complaints are as follows:

Aged Care Quality Safety Commission  
Phone Free call 1800 951 822

Or online to:

[agedcarequality.gov.au](http://agedcarequality.gov.au)

Or in writing to:

Aged Care Quality Safety Commission  
GPO Box 9819  
Sydney NSW 2000



## **SHSHINGLEBACK LIZARD**

They are relatives of the familiar blue tongues and have the same bright blue tongue as a defence. They are a bit smaller and live in dryer condition. They have heavily armoured bodies and have various colours, ranging from dark brown to cream. Their average life span is 10 to 15 years, but some have been known to live for 50 years.

They eat almost anything including snails, insects, vegetation and flowers. In contact with humans, they will eat sausages and fruit.

Most of them mate for life; they live apart, but come together in mating season. The females have a placenta, just like most mammals, and produce generally 2 or three fairly large offspring, which immediately consume the afterbirth for a first meal.

The pair bonding is so strong that, if one is killed, the other is seen to mourn.

## ASTRONOMY

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

**APOGEE**

**BETELGEUSE**

**CRATER**

**EQUINOX**

**HUBBLE**

**MILKY WAY**

**PARKES**

**PULSAR**

**STARS**

**ASTEROID**

**BINARY STAR**

**DEEP SPACE**

**GALAXIES**

**KEPLER**

**MOON**

**PARSEC**

**QUASARS**

**SUN**

**AURORA**

**BLACK HOLE**

**ECLIPSE**

**GALILEO**

**LIGHT YEAR**

**NEBULA**

**PERIGEE**

**RED GIANT**

**TIDES**

**CORONA**

**ECLIPTIC**

**GRAVITY**

**METEOR**

**ORBIT**

**POLARIS**

**SHUTTLE**

**VENUS**

## DESERTS

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

ARABIAN	ARCTIC	ATACAMA	BAYUDA
BLACKROCK	BLUE	CHALBI	
CHIHUAHUA	COLORADO	DANAKIL	
DEATH VALLEY		DJURAB	GIBSON
GOBI	GRAND BARA	GREAT BASIN	
GREAT SANDY		GUBAN	
INDUS VALLEY		JALAPAO	JUDAEAN
KALAHARI	KARAKUM	KAROO	KHARAN
KYZYLKUM	LIBYAN	MONTE	NAMIB
NEFUD	NEGEV	NYIRI ORDOS	SINAI

# FAMILY

ANCESTOR ANKLEBITER AUNT BOND  
BROTHER CHILDREN CLAN COUSINS  
DAD DAUGHTER DESCENDANT ELDER  
FATHER FOLKS GENEALOGY  
GRANDPARENT HALF BROTHER  
HALF SISTER HUSBAND INFANT KIN  
MARRIAGE MOTHER MUM NEICE  
NEPHEW NEWLYWED PARENT PROGENY  
SIBLING SISTER SON SPOUSE  
TWINS UNCLE WIFE

ANCESTOR

ANKLEBITER

AUNT

BOND

BROTHER

CHILDREN

CLAN

COUSINS

DAD

DAUGHTER

DESCENDANT

ELDER

FATHER

FOLKS

GENEALOGY

GRANDPARENT

HALF BROTHER

HALF SISTER

HUSBAND

INFANT

KIN

MARRIAGE

MOTHER

MUM

NEICE

NEPHEW

NEWLYWED

PARENT

PROGENY

SIBLING

SISTER

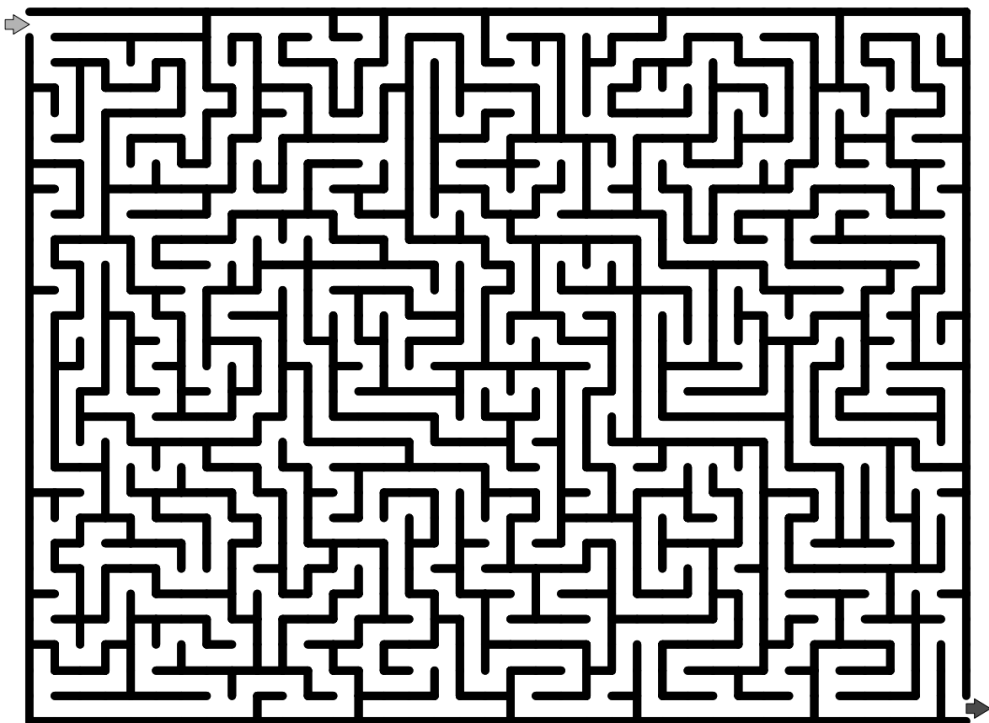
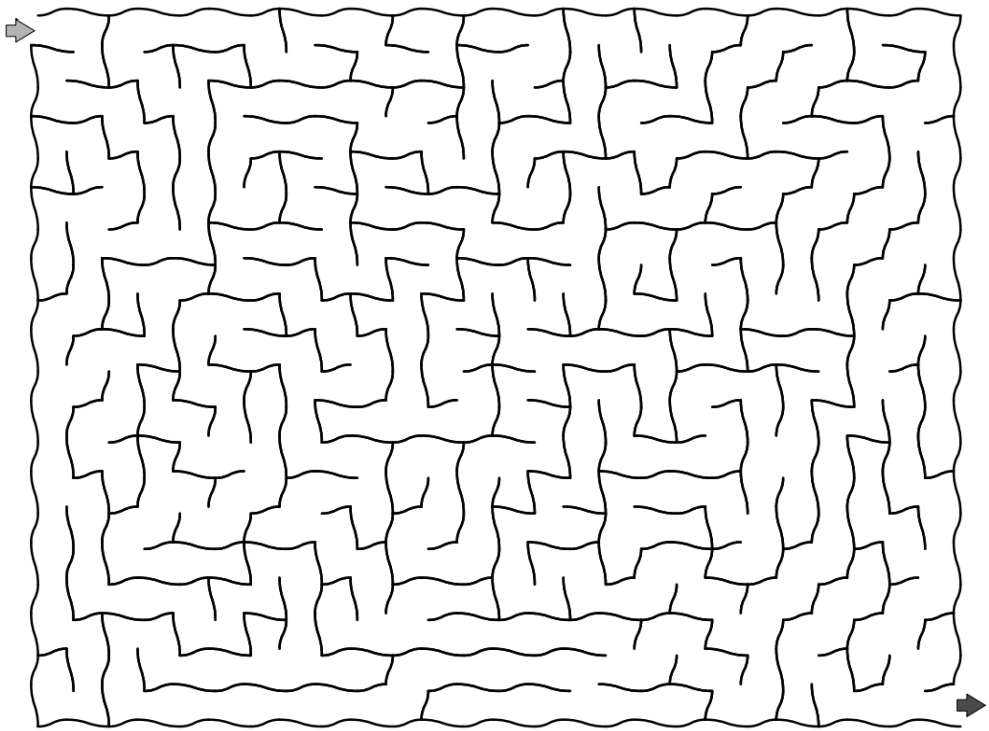
SON

SPOUSE

TWINS

UNCLE

WIFE





Esma



Pyjama Day Margaret Hinton



Lisa, Alwyn and Skai



Margaret and Skai



June, Molly and Marg



Jean and Melinda



Melinda and Betty



Betty and Skai