

FITZGERALD NEWS & VIEWS November 2023



Cowboy Theme Day

Oktoberfest Theme Day



Catherine, Lee-Anne and Precila



Pete The Music Therapist



Pat



Ruby

MANAGEMENT UPDATE

Hello everyone,

Thank you for taking the time to participate in the resident experience survey which asks your opinions on the care you are receiving here. The survey is voluntary however your opinions are very much valued, and I thank you for offering your feedback on the care and services provided. The main aim of the survey is to find out how well you think the home and its staff are meeting your needs. It also aims to find out what things you think could be changed or improved.

Your opinions and feedback will help ensure that the care and services provided to all of you is of the highest quality and best meets your needs. The survey is totally confidential and you are not required to identify yourself. All the information that you provide in this survey will remain anonymous.

I am sure you enjoyed and appreciated the effort put in to finish the Scarecrow for the Secret Garden Community Hub Scarecrow competition, Fitzgerald were lucky enough to win 3rd place!

As usual, we have a whole range of fun activities planned by our Social Wellness Officer Sunny and Activities Officer Lisa, that I'm sure you'll find exciting. I hope you are looking forward to the Melbourne Cup 2023 and many more important days in November.

The Department have warned about the upcoming weather changes between now and the end of summer we are likely to experience unusually warm daytime temperatures, increasing heatwave risks, reduced rainfall and above average temperatures. Please continue to keep yourself hydrated and stay cool.

Additionally, I'd like to discuss a little bit about spirituality. Meaningful Aging Australia discusses that "Spiritual care is everyone's business! Spirituality is intrinsic to being human. For many people, the idea of spirituality immediately makes them think of religion. But spirituality is a bigger concept than religion. You can think of it as an 'umbrella' term and that religion is just one of the ideas that sits underneath it." All of our connections with self, others, nature, and something bigger- which might include religion and faith is in it. I like to encourage you all to take a moment to think about your spirituality and care needs that we can support you with and let us know. I hope you have a wonderful month of November.

Solomon Kebede RN, Executive Manager

SPECIAL EVENTS

Thursday	2 nd	1:30pm	Shopping Bus
Friday	24 th	12:30pm	Cowboy theme day lunch

History of the Melbourne Cup

When the Melbourne Cup was first run in 1861, there were two organising committees controlling horse racing in Victoria, the Victorian Turf Club (1852) and the Victorian Jockeys Club (1857).

The Melbourne Cup was introduced in 1861 by the Victorian Turf Club to trump the success of Victorian Jockey Club races such as the Two Thousand Guineas.

As a handicap race, the Melbourne Cup introduced a level of speculation that the club hoped would attract more entries, and therefore higher prize money. The two competing organisations disbanded in 1864, before merging to form the Victorian Racing Club, which has controlled racing in Victoria and the Melbourne Cup ever since.

Although the Melbourne Cup today is well-known in Australia for being run on the first Tuesday in November, this hasn't always

been the case. The 1866 Melbourne Cup race was run on a Thursday, and in 1867 the Cup was run in October. It wasn't until 1875 that the race was run on the first Tuesday of November.

Although the three-handled loving cup is widely recognised as the traditional cup design, this has only been the case since 1919. Before then the cups came in a variety of styles, with each year having a completely original design. Some years no trophy was presented at all. In fact, for the first few decades of the race, it was more common for no trophy to be awarded.

Joke Corner

*A teacher wanted to teach her students about self-esteem, so she asked anyone who thought they were stupid to stand up. One kid stood up and the teacher was surprised. She didn't think anyone would stand up, so she asked him, "Why did you stand up?" He answered, "I didn't want to leave you standing up by yourself."

*Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent."

RESIDENTS' BIRTHDAYS THIS MONTH

5th November	Janet Cotter
10th November	Catherine Allen
22nd November	Rubena Wilbow (Ruby)

The monthly birthday cake will be celebrated on Friday, 24th November, 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.

Activities in November

Wednesday	1st	9:00am	Bingo with Judy
Wednesday	1st	9:15am	Hand and shoulder massage
Wednesday	1st	11:15am	White board games with Judy
Wednesday	1st	12:00pm	BBQ Lunch
Wednesday	1st	1:30pm	Ball games
Wednesday	1st	3:15pm	Exercises with physio
Thursday	2nd	9:15am	Armchair yoga
Thursday	2nd	10:30am	Quizzes
Thursday	2nd	1:30pm	Shopping Bus
Friday	3rd	9:15am	Armchair yoga
Friday	3rd	10:30am	Conversation group with Margaret
Friday	3rd	1:30pm	Pete's music therapy
Saturday	4th	9:15am	Armchair yoga
Saturday	4th	10:30am	Bingo with Maureen
Saturday	4th	1:00pm	Elvis enters the building?
Sunday	5th	1:30pm	Sunday Movie
Monday	6th	9:15am	Armchair yoga
Monday	6th	10:30am	Memory Games
Monday	6th	1:30pm	Fun games
Monday	6th	3:15pm	Hand exercise with Physio
Tuesday	7th	9:00am	Hairdresser
Tuesday	7th	9:15am	Group Exercises
Tuesday	7th	10:30am	Melbourne Cup trivia and interesting facts

Tuesday	7th	1:30pm	Making colourful Pompom art craft
Tuesday	7th	3:00pm	Melbourne Cup LIVE on TV
Wednesday	8th	9:00am	Bingo with Judy
Wednesday	8th	9:15am	Exercises with physio
Wednesday	8th	10:00am	Catholic Church Service
Wednesday	8th	11:15am	White board games with Judy
Wednesday	8th	1:30pm	Fun games
Wednesday	8th	3:15pm	Exercises with physio
Thursday	9th	9:15am	Armchair yoga
Thursday	9th	10:00am	ELOG Kindy kids visit
Thursday	9th	1:30pm	Games Afternoon
Friday	10th	9:15am	Armchair yoga
Friday	10th	10:30am	Knitting group and one to one visit
Friday	10th	1:30pm	Nail care with Denise
Saturday	11th	9:15am	Armchair yoga
Saturday	11th	10:30am	Remembrance Day Service
Sunday	12th	1:30pm	Sunday Movie
Monday	13th	9:15am	Armchair yoga
Monday	13th	10:30am	Anglican church service
Monday	13th	1:30pm	Exercises with physio
Monday	13th	2:30pm	Afternoon Movies
Tuesday	14th	9:00am	Hairdresser
Tuesday	14th	9:15am	Group Exercises
Tuesday	14th	10:30am	Hangman games
Tuesday	14th	1:30pm	Sensory activity
Wednesday	15th	9:00am	Bingo with Judy
Wednesday	15th	11:15am	White board games with Judy
Wednesday	15th	1:30pm	Hand and shoulder massage
Wednesday	15th	3:15pm	Exercises with physio
Thursday	16th	9:15am	Armchair yoga
Thursday	16th	10:30pm	What do you meme? Card games in activity room

Thursday	16th	1:30pm	Trivia
Thursday	16th	3:15pm	Exercises with physio
Friday	17th	9:15am	Armchair yoga
Friday	17th	10:30am	Conversation group with Margaret
Friday	17th	1:30pm	Pete's music therapy
Friday	17th	3:15pm	Exercises with physio
Saturday	18th	9:15am	Armchair yoga
Saturday	18th	10:30am	Bingo with Maureen
Sunday	19th	1:30pm	Sunday Movie
Monday	20th	9:15am	Armchair yoga
Monday	20th	10:30am	Trivia
Monday	20th	11:15am	Resident focus group
Monday	20th	1:30pm	Greg Dimmock Entertainers.
Monday	20th	3:00pm	Hand exercises
Tuesday	21st	9:00am	Hairdresser
Tuesday	21st	9:15am	Group exercise
Tuesday	21st	10:30am	What do you meme? Card games in activity room
Tuesday	21st	1:30 pm	Table Hockey games
Wednesday	22nd	9:00am	Bingo with Judy
Wednesday	22nd	10:00am	Catholic service
Wednesday	22nd	11:15am	White board games with Judy
Wednesday	22nd	1:30pm	Ball games
Wednesday	22nd	3:15pm	Exercise with Physio
Thursday	23rd	9:15am	Armchair yoga
Thursday	23rd	10:30am	Hangman games
Thursday	23rd	1:30pm	Travelling story with Sunny
Thursday	23rd	3:15pm	Exercise with physio
Friday	24th	9:15am	Armchair yoga
Friday	24th	10:30am	Knitting group
Friday	24th	12:30pm	Cowboy theme day lunch
Friday	24th	1:30pm	Nail care with Denise + facials
Saturday	25th	9:15am	Armchair yoga

Saturday	25th	10:30am	Bingo with Maureen
Sunday	26th	1:30pm	Sunday Movie
Monday	27th	9:00am	Podiatry
Monday	27th	9:15am	Armchair yoga
Monday	27th	10:30am	Sunny's travelling story
Monday	27th	1:30pm	Exercise with physio
Monday	27th	2:30pm	Afternoon movie
Tuesday	28th	9:00am	Hairdresser
Tuesday	28th	9:15am	Group exercise
Tuesday	28th	10:30am	Pompom craft- Xmas wreath day 1
Tuesday	28th	1:30pm	Touch and feel sensory games
Wednesday	29th	9:00am	Bingo with Judy
Wednesday	29th	9:15am	Exercise with physio
Wednesday	29th	11:15am	White board games with Judy
Wednesday	29th	1:30pm	Pompom craft- Xmas wreath day 2
Thursday	30th	9:15am	Armchair yoga
Thursday	30th	10:30am	Pompom craft- Xmas wreath day 3
Thursday	30th	1:30pm	Ron plays the organ
Thursday	23rd	3:15pm	Exercise with physio

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

Or in writing to:

Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000



Card Games

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

BACCARAT

BLITZ

BRIDGE

CANASTA

CASINO

CRIBBAGE

EUCHRE

FAN TAN

FREE CELL

GO FISH

HEARTS

MAO

NERTZ

OH HELL

OLD MAID

PATIENCE

PINOCHLE

PIQUET

POKER

PYRAMID

ROOK

RUMMY

SKAT

SLAP JACK

SNAP

SPADES

SPIT

WAR

WATTEN

WHIST

Flowers Word Search

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

DAFFODIL

JASMINE

LILY

PANSY

ROSE

TULIP

DAISY

LAVENDER

MAGNOLIA

PEONY

SNOWDROP

VIOLET

DANDELION

LILAC

ORCHID

POPPY

SUNFLOWER

WISTERIA



Colleen and Isabel



Sylvia



Sunny, Atsi and Shenna

Margaret

MEOU Pet Therapy-Cats



Betty



Jean



June, Dellar and Valma