

***FITZGERALD***  
***NEWS & VIEWS***  
***December 2024***



- 5<sup>th</sup> December – Shopping Bus**
- 10<sup>th</sup> December – Bede College Choir**
- 11<sup>th</sup> December – Christmas Party**
- 19<sup>th</sup> December – Stay On Bus Trip**

# Melbourne Cup 2024



Sylvia



Pamela



Pat



Pearl & Helga

Dear Residents, Families, and Staff,

As we step into December, the festive season is upon us, bringing joy, celebrations, and a sense of togetherness. Here's a look at what's happening at Fitzgerald this month and some highlights from November.

We were proud to host the Annual General Meeting (AGM) Public Meeting last month. It was heartwarming to see residents and families actively participating. During the meeting, we honoured three exceptional staff members—Lynda, Theresa, and Shani—with 15 Years of Service Awards. Their dedication and commitment have made a lasting impact on our facility, and we are incredibly grateful for their service.

December is filled with festive cheer and special events. The Bede Polding College Choir will grace us with their beautiful performance on December 10th, spreading holiday spirit through music. On December 11th, we'll come together for the Residents' Christmas Party, featuring live music by 'A Little Less Conversation,' a visit from Santa, and a celebration of our amazing volunteers. Don't forget to participate in the Christmas Raffle Draw on December 20th for a chance to win exciting prizes. We'll end the year with joyous Christmas Day and New Year's Eve celebrations, creating lasting memories as we welcome 2025.

November was a memorable month filled with highlights. Residents dressed their best for Melbourne Cup Day, honoured those who served on Remembrance Day, and raised awareness for mental health on Odd Socks Day.

As we enter summer, it's important to prepare for high-risk weather conditions. Residents should prioritize staying hydrated, wearing light clothing, and avoiding prolonged sun exposure. Staff are reminded to closely monitor hydration levels and assist residents in keeping cool. Let's all work together to ensure everyone remains safe and comfortable during the warmer months.

Thank you for your continued support and engagement. Your feedback, enthusiasm, and appreciation inspire us to make Fitzgerald a place of comfort, care, and joy. As always, my door is open for your suggestions or just a friendly chat.

Wishing you a joyful and festive December!

Warmest regards,  
Solomon Kebede  
Facility Manager

## The Christmas Season

As the holiday season approaches, we often find ourselves reflecting on the Christmas traditions we hold dear. Whether it's a family gathering, special meal, or festive decoration, these traditions add warmth and meaning to the season. One of the joys of Christmas is how traditions vary from family to family and from country to country.

What Christmas traditions did you partake in?

Perhaps your family has a special way of decorating the tree or a particular dish you always enjoy together. Many families have traditions that bring them closer, whether it's a Christmas Eve ritual or a unique way of counting down the days to Christmas. These traditions help create lasting memories and a sense of connection.

Around the world, different countries have their own unique ways of celebrating. In Germany for example, the tradition of the Christmas market dates back to the 14th century. The towns are transformed into winter wonderlands with stalls selling everything from ornaments to delicious gingerbread cookies. Children especially look forward to the Advent calendar, which marks the days leading up to Christmas with a small gift or treat hidden behind each door.

In Italy, the Christmas season is marked by the grand meal on Christmas Eve, known as La Vigilia, where families gather for a feast featuring multiple courses of fish, vegetables, and dessert. The highlight for many Italians is the tradition of setting up a

Presepe, or Nativity scene, in their homes. It's a beautiful tradition that involves creating a miniature scene of the birth of Jesus, with figures that can be added to year after year.

One amusing tradition comes from Japan, where Christmas is not a national holiday but has become associated with a unique custom. Many people in Japan celebrate with a special meal from KFC! Due to an effective marketing campaign in the 1970s, fried chicken became a holiday tradition and it's now common to see families ordering their "Christmas chicken" to celebrate the season.

Whether your traditions are big or small, near or far, Christmas is a time to celebrate what brings us together. What special traditions do you enjoy most during the holidays?

### **RESIDENTS' BIRTHDAYS THIS MONTH**

<b>1<sup>st</sup> December</b>	<b>Valda Davison</b>
<b>7<sup>th</sup> December</b>	<b>Beryl Nye</b>
<b>31<sup>st</sup> December</b>	<b>Geoffrey Middleton</b>

The monthly birthday cake will be celebrated on Friday, 27<sup>th</sup> December, 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

<b>Thursday</b>	<b>5<sup>th</sup></b>	<b>Shopping Bus</b>
<b>Tuesday</b>	<b>10<sup>th</sup></b>	<b>Bede College Choir</b>
<b>Wednesday</b>	<b>11<sup>th</sup></b>	<b>Christmas Party</b>
<b>Thursday</b>	<b>19<sup>th</sup></b>	<b>Stay on bus Trip</b>
<b>Wednesday</b>	<b>25<sup>th</sup></b>	<b>Christmas Day</b>

<b>Sunday</b>	<b>1<sup>st</sup></b>	<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>2<sup>nd</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>2<sup>nd</sup></b>	<b>10:30am</b>	<b>Christmas Decorations</b>
	<b>2<sup>nd</sup></b>	<b>1:30pm</b>	<b>Christmas Decorations</b>
<b>Tuesday</b>	<b>3<sup>rd</sup></b>	<b>9:00am</b>	<b>Hairdresser</b>
	<b>3<sup>rd</sup></b>	<b>9:15am</b>	<b>Bingo with Judy</b>
	<b>3<sup>rd</sup></b>	<b>10:30am</b>	<b>Catholic Mass</b>
	<b>3<sup>rd</sup></b>	<b>11:00am</b>	<b>Whiteboard Games with Judy</b>
<b>Wednesday</b>	<b>4<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>4<sup>th</sup></b>	<b>10:30am</b>	<b>Fiona Reads</b>
	<b>4<sup>th</sup></b>	<b>1:30pm</b>	<b>Arts and Crafts</b>
<b>Thursday</b>	<b>5<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
	<b>5<sup>th</sup></b>	<b>1:30pm</b>	<b>Shopping Bus</b>
<b>Friday</b>	<b>6<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
	<b>6<sup>th</sup></b>	<b>10:30am</b>	<b>Cooking with Margaret and Melinda</b>
	<b>6<sup>th</sup></b>	<b>1:30pm</b>	<b>Music Therapy with Peter</b>
<b>Saturday</b>	<b>7<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>7<sup>th</sup></b>	<b>10:30am</b>	<b>Bingo with Maureen</b>
	<b>7<sup>th</sup></b>	<b>12:45pm</b>	<b>Read the News</b>
<b>Sunday</b>	<b>8<sup>th</sup></b>	<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>9<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>9<sup>th</sup></b>	<b>10:00am</b>	<b>Anglican Church Service</b>
	<b>9<sup>th</sup></b>	<b>1:30pm</b>	<b>Christmas Gratitude Crafts</b>

<b>Tuesday</b>	<b>10<sup>th</sup></b>	<b>9:00am</b>	<b>Hairdresser</b>
	<b>10<sup>th</sup></b>	<b>9:15am</b>	<b>Bingo with Judy</b>
	<b>10<sup>th</sup></b>	<b>11:00am</b>	<b>Whiteboard games with Judy</b>
	<b>10<sup>th</sup></b>	<b>1:15pm</b>	<b>Bede College Choir</b>
<b>Wednesday</b>	<b>11<sup>th</sup></b>	<b>9:15am</b>	<b>Ron plays the Organ</b>
	<b>11<sup>th</sup></b>	<b>10:30am</b>	<b>Residents Christmas Party</b>
	<b>11<sup>th</sup></b>	<b>1:30pm</b>	<b>Special Guest Performance</b>
<b>Thursday</b>	<b>12<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>12<sup>th</sup></b>	<b>10:30am</b>	<b>Christmas Messages</b>
	<b>12<sup>th</sup></b>	<b>1:30pm</b>	<b>Srijana's Baby Shower</b>
<b>Friday</b>	<b>13<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
	<b>13<sup>th</sup></b>	<b>10:30am</b>	<b>Morning group with Margaret and Melinda</b>
	<b>13<sup>th</sup></b>	<b>1:30pm</b>	<b>Nails with Denise</b>
<b>Saturday</b>	<b>14<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
	<b>14<sup>th</sup></b>	<b>10:30am</b>	<b>Bingo with Maureen</b>
	<b>14<sup>th</sup></b>	<b>12:45pm</b>	<b>Read the News</b>
<b>Sunday</b>	<b>15<sup>th</sup></b>	<b>1:30pm</b>	<b>Sunday Movie</b>
<b>Monday</b>	<b>16<sup>th</sup></b>	<b>9:15am</b>	<b>Exercises</b>
	<b>16<sup>th</sup></b>	<b>10:30am</b>	<b>Trivia</b>
	<b>16<sup>th</sup></b>	<b>11:15am</b>	<b>Residents Focus Group Meeting</b>
	<b>16<sup>th</sup></b>	<b>1:30pm</b>	<b>Art Afternoon</b>
<b>Tuesday</b>	<b>17<sup>th</sup></b>	<b>1:30pm</b>	<b>Hairdresser</b>
	<b>17<sup>th</sup></b>	<b>9:15am</b>	<b>Bingo with Judy</b>
	<b>17<sup>th</sup></b>	<b>11:00am</b>	<b>Whiteboard Games with Judy</b>
	<b>17<sup>th</sup></b>	<b>1:30pm</b>	<b>Let's have some Christmas fun</b>
<b>Wednesday</b>	<b>18<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>
	<b>18<sup>th</sup></b>	<b>10:30am</b>	<b>Catholic Church</b>
	<b>18<sup>th</sup></b>	<b>10:30am</b>	<b>Fiona Reads</b>
	<b>18<sup>th</sup></b>	<b>1:30pm</b>	<b>Sensory Activities</b>
<b>Thursday</b>	<b>19<sup>th</sup></b>	<b>9:30am</b>	<b>Stay on the bus trip</b>
	<b>19<sup>th</sup></b>	<b>1:30pm</b>	<b>Ron plays the organ</b>
<b>Friday</b>	<b>20<sup>th</sup></b>	<b>9:15am</b>	<b>Armchair Yoga</b>



	20 <sup>th</sup>	10:30am	Conversations with Margaret and Melinda + Raffle Draw
	20 <sup>th</sup>	1:30pm	Music Therapy with Peter
Saturday	21 <sup>st</sup>	9:15am	Armchair Yoga
	21 <sup>st</sup>	10:30am	Bingo with Maureen
	21 <sup>st</sup>	12:45pm	Read the news
Sunday	22 <sup>nd</sup>	1:30pm	Sunday Movie
Monday	23 <sup>rd</sup>	9:00am	Hairdresser
	23 <sup>rd</sup>	9:15am	Exercises
	23 <sup>rd</sup>	10:30am	Christmas Activities
	23 <sup>rd</sup>	1:30pm	Reindeer Games
Tuesday	24 <sup>th</sup>	9:15am	Bingo with Judy
	24 <sup>th</sup>	11:00am	Whiteboard games with Judy
	24 <sup>th</sup>	1:30pm	Pre-Christmas drinks and games
Wednesday	25 <sup>th</sup>	12:00pm	Christmas Day
Thursday	26 <sup>th</sup>	12:00pm	Boxing Day
Friday	27 <sup>th</sup>	9:15am	Armchair Yoga
	27 <sup>th</sup>	10:30am	Conversations with Margaret
	27 <sup>th</sup>	1:30pm	Nail with Denise
Saturday	28 <sup>th</sup>	9:15am	Armchair Yoga
	28 <sup>th</sup>	10:30am	Bingo with Lisa
	28 <sup>th</sup>	12:45pm	Read the news
Sunday	29 <sup>th</sup>	1:30pm	Sunday Movie
Monday	30 <sup>th</sup>	9:15am	Armchair Yoga
	30 <sup>th</sup>	10:30am	Lets have some fun
	30 <sup>th</sup>	1:30pm	Afternoon Games
Tuesday	31 <sup>st</sup>	9:00am	Hairdresser
	31 <sup>st</sup>	9:15am	Exercises
	31 <sup>st</sup>	10:30am	Reminiscing On 2024
	31 <sup>st</sup>	1:30pm	New Years Eve Activities

## **Mental Health Corner**

The holiday season is often seen as a time of celebration, but it can also bring a mix of emotions. For some, the holidays are filled with joy and warmth, while for others, they can feel overwhelming or lonely. It's important to acknowledge that your mental health is just as important during this time and that it's okay to experience a range of emotions.

The expectations of family gatherings, the busy pace of some festivities, and even the reminder of loved ones who may no longer be with us are all factors that can affect our mood, sometimes leading to stress, sadness, or anxiety.

Taking care of your mental health during this time can help you navigate the ups and downs. First, remember to give yourself permission to feel however you feel, without judgment. There's no "right" way to experience the holidays. If you feel exhausted, it's okay to rest. If you need some space, it's okay to step back from social events. Your well-being comes first.

Consider focusing on what brings you peace—whether it's a favourite holiday tradition, spending time with close friends here at Fitzgerald, or simply enjoying some quiet moments. Small acts of self-care like a short walk, breathing exercises or listening to calming music can also help reduce stress and create a sense of calm.

As you move through the season, remember that you don't have to navigate it alone. Reach out to a friend, participate in activities that make you feel good, or ask to speak to the Social Wellness Officer if you would like some extra support.

Wishing you a peaceful and joyful Christmas season!

## **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

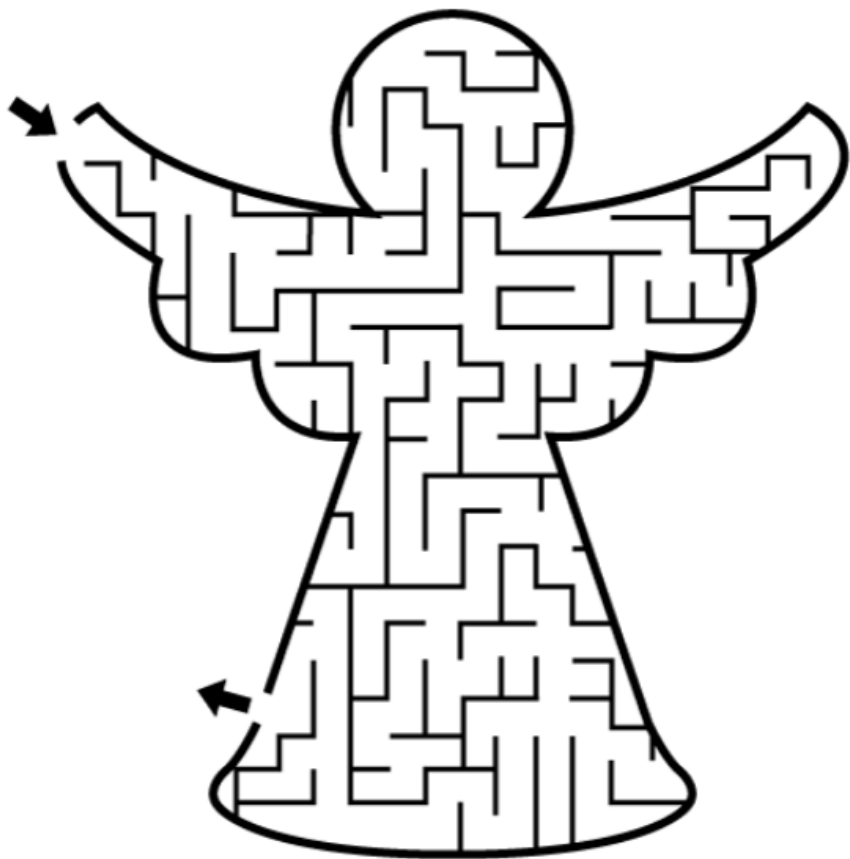
Or online to:

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

Or in writing to:

Aged Care Quality Safety Commission  
GPO Box 9819  
Sydney NSW 2000

# Christmas Tree Angel Maze



# Macca the Alpaca's Christmas

## FIND -A- WORD



ALPACA  
ANGEL  
BANG  
BELLS  
CARING  
CHRISTMAS  
CRACKERS  
FAMILY  
FRIENDS  
GIFTS  
KINDNESS  
LIGHTS  
LOVE  
MACCA  
PRESENTS  
SANTA  
SHARING  
STAR  
SURPRISE  
TINSEL

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



**Robin**



**June and Melinda**



**Julienne**



**Paula**



Betty



Odd Socks Day



Outdoor Picnic with Isabel, Robin, Anne, Mavis