

# ***FITZGERALD NEWS & VIEWS FEBRUARY 2025***



**14<sup>th</sup> February – Valentine's Day**

**19<sup>th</sup> February – Special Guest Performance**

**24<sup>th</sup> February – Theme Day: Captains Table**

**27<sup>th</sup> February – Workshop: Senior's Rights Services**

# Australia Day 2025



Betty & Melissa



Mavis & Lynda



Geoff



Julienne, Meryl & Emily

## Dear Residents, Families, and Staff,

January was a lively month with celebrations, activities, and connections. We enjoyed Australia Day, the International Trivia Competition, and the launch of our Men's Club. Chinese New Year festivities and the Craft and Conversation Club also brought joy to many. Thank you to our staff, volunteers, and families for making these events possible.

We continue to improve our home based on resident feedback, enhancing safety, behaviour management, and facility amenities. February brings more opportunities, including Morning Mingles for casual connections, a Valentine's Day afternoon tea, and Music and Movement Sessions to support wellness. Resident Meetings remain key for open discussions.

February will also be filled with exciting activities. We look forward to a special performance by Tim Berthet, a Bunny Rabbit Pet Therapy visit, and another round of the Teamrific International Quiz, where we will compete against 300 other aged care homes worldwide. We will also celebrate Valentine's Day with a themed event, enjoy the Captain's Table Theme Day, and hold a Senior's Rights Services Workshop.

The new Aged Care Act coming in July 2025 emphasizes person-centred care, transparency, and stronger resident support, especially benefiting smaller homes like Fitzgerald. We are preparing by enhancing staff training, improving compliance measures, and reviewing policies. Efforts also include strengthening workforce stability, reducing reliance on agency staff, meeting care minute requirements.

Additionally, we are seeking grants and funding opportunities to support facility upgrades.

As part of our **commitment to meeting the growing need for high-level care**, we are **actively seeking donors to help us add 24 additional high-care beds**. This will allow us to support more residents with complex care needs while maintaining the warm, person-centered approach that defines Fitzgerald. If you or someone you know is interested in supporting this vital initiative, please reach out—we would love to discuss how your contribution can make a difference.

We appreciate your ongoing feedback and support, which helps us continue to make Fitzgerald a warm and welcoming home. Please share any thoughts or concerns, we are always here to listen.

Warmest regards,  
Solomon Kebede  
Facility Manager

## Valentine's Day Around the World

Valentine's Day, celebrated on February 14th, is often associated with love, romance, and the exchange of heartfelt cards and gifts. It's a day to express affection to those we care about, whether it's a partner, family member, or friend. But how did this holiday come to be, and how do people celebrate it around the world?

The history of Valentine's Day dates back to the ancient Romans, who celebrated a festival called *Lupercalia* in mid-February. This event honoured fertility and love, with rituals that were later adapted into the more familiar modern celebration of Valentine's Day. The day is named after Saint Valentine, a priest in Rome who, according to legend, was martyred for performing marriages for couples in secret during a time when Emperor Claudius II had banned marriages for young men. Valentine's acts of kindness and love led to him being honoured as the patron saint of lovers.

Today, Valentine's Day is widely celebrated across the globe, although traditions vary greatly depending on the country.

In Japan, Valentine's Day takes on a unique twist. Women traditionally give chocolates to men—both romantic partners and friends—and there's even a distinction between "*giri-choco*" (obligation chocolate) for friends and colleagues and "*honmei-choco*" for romantic interests. A month later, on March 14th, Japan celebrates "White Day," when men are expected to reciprocate by giving gifts to the women who gave them chocolate.

In South Korea, couples exchange gifts on the 14th of every month and there's a special focus on the 14th of April, known as

"Black Day," where single people gather to eat a dish called "jjajangmyeon" (black bean paste noodles) to commiserate about their single status.

Whatever traditions you follow, Valentine's Day is a wonderful opportunity to celebrate the love and connections that brighten our lives. Whether you're enjoying a quiet day with friends or sharing a laugh over a cup of tea with a loved one, the spirit of the day is all about appreciation and kindness.

So, this Valentine's Day, let's celebrate all the ways love brings us together—whether it's a romantic gesture, a cherished friendship, or a simple act of kindness.

Happy Valentine's Day to all!

### **RESIDENT'S BIRTHDAYS THIS MONTH**

|                                 |                      |
|---------------------------------|----------------------|
| <b>7<sup>th</sup> February</b>  | <b>Dawn Serisier</b> |
| <b>22<sup>nd</sup> February</b> | <b>Louise Bozac</b>  |
| <b>27<sup>th</sup> February</b> | <b>Brian Brooks</b>  |

The monthly birthday cake will be celebrated on Friday, 28<sup>th</sup> February, 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>Friday</b>    | <b>14<sup>th</sup></b> | <b>Valentine's Day</b>            |
| <b>Wednesday</b> | <b>19<sup>th</sup></b> | <b>Special Guest Performance</b>  |
| <b>Monday</b>    | <b>24<sup>th</sup></b> | <b>Theme Day: Captain's Table</b> |
| <b>Wednesday</b> | <b>26<sup>th</sup></b> | <b>Men's Club</b>                 |
| <b>Thursday</b>  | <b>27<sup>th</sup></b> | <b>Workshop: Senior's Rights</b>  |

|                  |                       |                |                                                  |
|------------------|-----------------------|----------------|--------------------------------------------------|
| <b>Saturday</b>  | <b>1<sup>st</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                             |
|                  |                       | <b>10:30am</b> | <b>Bingo With Maureen</b>                        |
|                  |                       | <b>1:30pm</b>  | <b>Afternoon Games</b>                           |
| <b>Sunday</b>    | <b>2<sup>nd</sup></b> | <b>1:30pm</b>  | <b>Sunday Movie</b>                              |
| <b>Monday</b>    | <b>3<sup>rd</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                             |
|                  |                       | <b>10:30am</b> | <b>Craft Club</b>                                |
|                  |                       | <b>1:30pm</b>  | <b>Let's Get Physical</b>                        |
| <b>Tuesday</b>   | <b>4<sup>th</sup></b> | <b>9:00am</b>  | <b>Exercises</b>                                 |
|                  |                       | <b>9:30am</b>  | <b>Bingo With Judy</b>                           |
|                  |                       | <b>10:30am</b> | <b>Whiteboard Games with Judy</b>                |
|                  |                       | <b>1:30pm</b>  | <b>Let's Have Some Fun</b>                       |
| <b>Wednesday</b> | <b>5<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                             |
|                  |                       | <b>10:30am</b> | <b>Fiona Reads Short Stories</b>                 |
|                  |                       | <b>1:30pm</b>  | <b>Afternoon Group Games</b>                     |
| <b>Thursday</b>  | <b>6<sup>th</sup></b> | <b>9:15am</b>  | <b>Exercises</b>                                 |
|                  |                       | <b>10:00am</b> | <b>Poetry</b>                                    |
|                  |                       | <b>1:30pm</b>  | <b>Teamrific International Quiz</b>              |
| <b>Friday</b>    | <b>7<sup>th</sup></b> | <b>9:15am</b>  | <b>Exercises</b>                                 |
|                  |                       | <b>9:45am</b>  | <b>Conversations with Margaret &amp; Melinda</b> |
|                  |                       | <b>11:00am</b> | <b>Craft Club</b>                                |
|                  |                       | <b>1:30pm</b>  | <b>Nails with Denise</b>                         |
| <b>Saturday</b>  | <b>8<sup>th</sup></b> | <b>9:00am</b>  | <b>Michelle Hairdresser</b>                      |
|                  |                       | <b>9:15am</b>  | <b>Armchair Yoga</b>                             |
|                  |                       | <b>10:30am</b> | <b>Bingo with Maureen</b>                        |
|                  |                       | <b>12:45pm</b> | <b>Read The News</b>                             |
| <b>Sunday</b>    | <b>9<sup>th</sup></b> | <b>1:30pm</b>  | <b>Sunday Movie</b>                              |

|                   |                        |                |                                                        |
|-------------------|------------------------|----------------|--------------------------------------------------------|
| <b>Monday</b>     | <b>10<sup>th</sup></b> | <b>9:15pm</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>10:00am</b> | <b>Anglican Church Service</b>                         |
|                   |                        | <b>1:30pm</b>  | <b>Group Games</b>                                     |
| <b>Tuesday</b>    | <b>11<sup>th</sup></b> | <b>9:00am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>9:30am</b>  | <b>Bingo with Judy</b>                                 |
|                   |                        | <b>10:30am</b> | <b>Whiteboard Games with Judy</b>                      |
|                   |                        | <b>1:30pm</b>  | <b>Mel's Green Thumb Gardening</b>                     |
| <b>Wednesday</b>  | <b>12<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>10:30am</b> | <b>Catholic Church</b>                                 |
|                   |                        | <b>10:30am</b> | <b>Fiona Reads Short Stories</b>                       |
|                   |                        | <b>1:30pm</b>  | <b>Sing-A-Long</b>                                     |
| <b>Thursday</b>   | <b>13<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>10:30am</b> | <b>Trivia</b>                                          |
|                   |                        | <b>1:30pm</b>  | <b>Cooking</b>                                         |
| <b>♥ Friday ♥</b> | <b>14<sup>th</sup></b> | <b>9:15am</b>  | <b>We Love Exercising</b>                              |
|                   |                        | <b>9:45am</b>  | <b>We Adore Margaret &amp; Melinda's Conversations</b> |
|                   |                        | <b>11:00am</b> | <b>We Are Enamoured with Craft Club</b>                |
|                   |                        | <b>1:30pm</b>  | <b>We're Infatuated with Music Therapy with Peter</b>  |
| <b>Saturday</b>   | <b>15<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>10:30am</b> | <b>Bingo With Maureen</b>                              |
|                   |                        | <b>12:45pm</b> | <b>Read The News</b>                                   |
| <b>Sunday</b>     | <b>16<sup>th</sup></b> | <b>1:30pm</b>  | <b>Sunday Movie</b>                                    |
| <b>Monday</b>     | <b>17<sup>th</sup></b> | <b>9:15am</b>  | <b>Exercises</b>                                       |
|                   |                        | <b>11:15am</b> | <b>Residents Focus Group Meeting</b>                   |
|                   |                        | <b>1:30pm</b>  | <b>Afternoon Games</b>                                 |
| <b>Tuesday</b>    | <b>18<sup>th</sup></b> | <b>9:00am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>9:30am</b>  | <b>Bingo With Judy</b>                                 |
|                   |                        | <b>10:30pm</b> | <b>Whiteboard Games With Judy</b>                      |
|                   |                        | <b>1:30pm</b>  | <b>Group Activities</b>                                |
| <b>Wednesday</b>  | <b>19<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                   |
|                   |                        | <b>10:30am</b> | <b>Special Performer; Tim Berthet</b>                  |



|                  |                        |                |                                                     |
|------------------|------------------------|----------------|-----------------------------------------------------|
|                  |                        | <b>1:30pm</b>  | <b>Afternoon Games</b>                              |
| <b>Thursday</b>  | <b>20<sup>th</sup></b> | <b>9:15am</b>  | <b>Exercises</b>                                    |
|                  |                        | <b>10:45am</b> | <b>Bunny Rabbit Visit</b>                           |
|                  |                        | <b>1:30pm</b>  | <b>Word Games</b>                                   |
| <b>Friday</b>    | <b>21<sup>st</sup></b> | <b>9:15am</b>  | <b>Exercises</b>                                    |
|                  |                        | <b>9:45am</b>  | <b>Conversations With Margaret</b>                  |
|                  |                        | <b>10:30am</b> | <b>Men's Club</b>                                   |
|                  |                        | <b>11:00am</b> | <b>Craft Club</b>                                   |
|                  |                        | <b>1:30pm</b>  | <b>Nails With Denise</b>                            |
| <b>Saturday</b>  | <b>22<sup>nd</sup></b> | <b>9:00am</b>  | <b>Michelle Hairdresser</b>                         |
|                  |                        | <b>9:15am</b>  | <b>Armchair Yoga</b>                                |
|                  |                        | <b>10:30am</b> | <b>Bingo With Maureen</b>                           |
|                  |                        | <b>12:45pm</b> | <b>Read The News</b>                                |
| <b>Sunday</b>    | <b>23<sup>rd</sup></b> | <b>1:30pm</b>  | <b>Sunday Movie</b>                                 |
| <b>Monday</b>    | <b>24<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                |
|                  |                        | <b>10:30am</b> | <b>Aye Aye Captain</b>                              |
|                  |                        | <b>1:30pm</b>  | <b>Let's Get Physical</b>                           |
| <b>Tuesday</b>   | <b>25<sup>th</sup></b> | <b>9:00am</b>  | <b>Exercises</b>                                    |
|                  |                        | <b>9:30am</b>  | <b>Bingo With Judy</b>                              |
|                  |                        | <b>10:30am</b> | <b>Whiteboard Games with Judy</b>                   |
|                  |                        | <b>1:30pm</b>  | <b>Afternoon Fun time</b>                           |
| <b>Wednesday</b> | <b>26<sup>th</sup></b> | <b>9:00am</b>  | <b>Armchair Yoga</b>                                |
|                  |                        | <b>10:30am</b> | <b>Catholic Church</b>                              |
|                  |                        | <b>10:30am</b> | <b>Fiona Reads Short Stories</b>                    |
|                  |                        | <b>1:30pm</b>  | <b>Cooking Class</b>                                |
| <b>Thursday</b>  | <b>27<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                |
|                  |                        | <b>10:00am</b> | <b>Senior's Rights Services Workshop with Megan</b> |
|                  |                        | <b>1:30pm</b>  | <b>Ron Plays Organ</b>                              |
| <b>Friday</b>    | <b>28<sup>th</sup></b> | <b>9:15am</b>  | <b>Armchair Yoga</b>                                |
|                  |                        | <b>9:45am</b>  | <b>Conversations With Margaret &amp; Melinda</b>    |
|                  |                        | <b>11:00am</b> | <b>Craft Club</b>                                   |
|                  |                        | <b>1:30pm</b>  | <b>Music Therapy With Peter</b>                     |

## **Mental Health Corner: Love and Connection**

February is a month often associated with love—romantic love, the love we share with family and friends, and even the love we have for ourselves. As we approach Valentine’s Day, it’s a great time to reflect on the many ways love and connection can positively impact our mental well-being.

Love, in all its forms, has the power to lift our spirits, provide comfort, and help us feel supported, especially when life gets challenging. While romantic love might take the spotlight this month, it’s important to remember that connection is not just about having a partner. It’s about the bonds we share with our loved ones, whether that’s a close friend, a family member, or even our neighbours across the hall here at Fitzgerald. These connections are what help to reduce feelings of loneliness and provide a sense of belonging.

A loving connection can come in many ways. A warm smile from a fellow resident, a conversation with a family member, or a simple note of appreciation can make a world of difference in how we feel. It’s also important to show love to ourselves. Self-compassion, taking time to rest, and doing things that make you happy are important acts of love that help maintain mental health.

Valentine’s Day can also be a wonderful reminder to appreciate the relationships we cherish, no matter how big or small. Sometimes, it’s the smallest acts of kindness that have the greatest impact. Whether it’s a quick chat over a cup of tea, sharing a laugh during an activity, or a heartfelt conversation, these connections are vital for maintaining a healthy state of mind.

If you ever feel like you need a little extra support or someone to talk to, don’t hesitate to reach out to our Social Wellness Officer or one of our incredible staff members. We are here to help you navigate the ups and downs of life, and together, we can continue to nurture the love and connection that make this community so special.

Wishing you all a month full of love, connection, and peace.

# **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

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# VALENTINE'S HEART

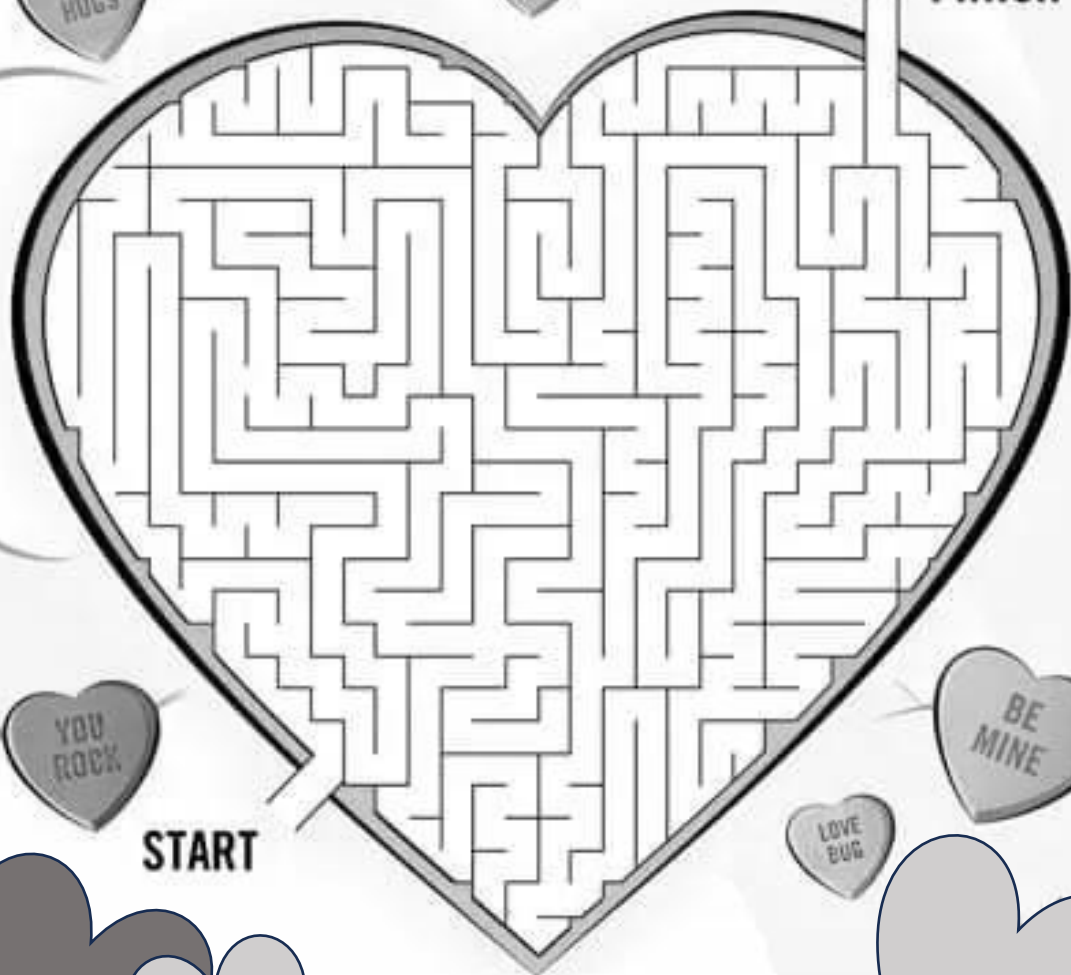
M ♥ A ♥ Z ♥ E

XOXO

FREE  
HUGS

PUPPY  
LOVE

FINISH



YOU  
ROCK

START

LOVE  
BUG

BE  
MINE

# Happy Valentine's Day



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



LOVE  
CHOCOLATE  
CANDY  
VALENTINE  
FRIENDS

CUPID  
HUG  
FLOWERS  
HEART  
ROSES



Aussie Socks Craft



Special Performer Helen Eales



Colleen



Pat





Green Thumbs Gardening



Men's Club