

***FITZGERALD
NEWS & VIEWS
November 2024***



5th November – Melbourne Cup

7th November – Shopping Bus

11th November – Remembrance Day

29th November – Zoo Trip

Theme Day – Oktoberfest 2024



Robin, Patrick, Isabel



Lisa & Pam



Staff



Mel, Mavis & Jaqueline

Dear Residents, Families, and Staff,

November has arrived, bringing a perfect blend of joy, reflection, and celebration. I'm excited to share updates and invite you to join us for a month filled with meaningful moments and plenty of fun.

We have some bittersweet news: Paula, our wonderful Social Wellness Officer, will be leaving us very soon. Paula has been a driving force behind so many joyful activities, always ensuring our residents feel connected, engaged, and cared for. Her creativity and kindness have left a lasting impact, and we are incredibly grateful for everything she has done. Thank you, Paula, for your dedication and heart—we wish you all the best in your next chapter!

We are also thrilled to welcome Joshua, who will be taking on the role of Social Wellness Officer. Paula has been working closely with him to ensure a smooth transition, and Joshua brings fresh energy and enthusiasm to the team. I'm confident he will carry forward Paula's legacy while introducing new ideas to make our community even brighter.

The activities team is pulling out all the stops this month to keep the good times rolling. Get ready to dress to the nines for Melbourne Cup Day on November 5th—whether your hat's too big or you've backed the wrong horse, it's all part of the fun! Then, on November 8th, we'll gather to whip up some delicious Christmas puddings, a perfect way to kick off the festive season.

On Remembrance Day (November 11th), we will pause together to honour those who served, sharing a moment of reflection in the communal area. Things get light-hearted again on Odd Socks Day (November 18th), where you're invited to dig out your wackiest socks and celebrate the joy of being delightfully different.

Later in the month, we have a fantastic outings: a trip to the Sydney Zoo on November 29th. Let's see how many animals we can spot—and who can keep up with the monkeys!

Looking back, October was a blast! Oktoberfest filled the air with music and the smell of German treats, while animal therapy sessions brought smiles and warm hugs. Our lunch outing to Clarendon was such a hit that more are already in the works—who can resist good food and great company? I'm also thrilled to announce that our ACQS Commission audit confirmed full compliance across all eight standards. This outstanding result reflects the dedication and care our team brings every day. To show appreciation, the Board is gifting each staff member a special gift card for their exceptional work during the audit.

As always, my door is open for a chat or feedback. Let's make this November one to remember and embrace every opportunity to connect and celebrate!

Warmest regards,
Solomon Kebede
Facility Manager

Melbourne Cup Day

Hold onto the reins as the Melbourne Cup is right around the corner! Often referred to as "the race that stops a nation," the Melbourne Cup is one of Australia's most prestigious horse races.

Held annually on the first Tuesday in November at the Flemington Racecourse in Melbourne, this event has a rich history that dates all the way back to its inaugural race in 1861.

Whilst the winner of the first Melbourne Cup took home a first place prize of 710 gold sovereigns (£710) and a hand-beaten gold watch, this year's winner will walk away with a whopping prize of \$4.4million as well as an 18 carat solid gold trophy weighing a colossal 1.7kgs! Not a bad days pay for one lucky jockey.

With a race distance of two miles (3,200 meters), the Melbourne Cup is a challenging event for both horses and jockeys. It is renowned not only for its fierce competition but also for its glamorous atmosphere, where fashion and social gatherings take centre stage alongside the racing action.

We will be joining in the celebrations by holding our own races here at Fitzgerald for both residents and staff, as well as having a flutter on the sweepstakes. Events like this help us come together to celebrate Australian culture, build community, have a great laugh, and create some truly wonderful memories.

So be sure to dust off your fascinators and wear your luckiest outfit for this year's Melbourne Cup.

Remembrance Day 2024

This month we will be participating in the Remembrance Day service to honour the Service Men and Women of Australia.

Remembrance Day marks the end of fighting on the Western Front on November 11, 1918. At the time, the anniversary was known as Armistice Day, in reference to the formal agreement the German leaders signed to end the war. The name was changed to Remembrance Day after World War II ended in 1945 and it has since become a day to remember the service and sacrifice of those who have died since World War I.

On Remembrance Day, commemorative services are held across Australia at schools, offices, local community centres and war memorials. The national ceremony is hosted by the Australian War Memorial in Canberra and we will be watching the live ceremony on the television from 10:30am. Flags around the country will be lowered to half-mast ahead of services and raised again after the minute of silence.

Remembrance Day is an important time in which we remember our family, friends or community members who have lost their lives during war. We take the time to honour them for their service and their sacrifice, and to acknowledge the wound that each one of their passing has left in our own life. Sharing in these experiences together is a powerful way we care for and support one another here within the Fitzgerald community.

RESIDENTS' BIRTHDAYS THIS MONTH

4th November	Marie Brown
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The monthly birthday cake will be celebrated on Friday, 29th 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 ***

SPECIAL EVENTS

Tuesday	5th	Melbourne Cup
Thursday	7th	Shopping Bus
Monday	11th	Remembrance Day
Friday	29th	Zoo Trip

Friday	1st	9:15am	Armchair Yoga
	1st	10:30am	Conversations with Magaret and Melinda
	1st	1:30pm	Nails with Denise
Saturday	2nd	9:15am	Armchair Yoga
	2nd	10:30am	Bingo with Maureen
	2nd	12:45pm	Read the news
Sunday	3rd	1:30pm	Sunday Movie
Monday	4th	9:30am	Park Visit
	4th	1:30pm	Karaoke
Tuesday	5th	10:30am	Residents Horse Races
	5th	1:00pm	Staff Horse Races
Wednesday	6th	9:15am	Exercise
	6th	10:30am	Let's have some fun
	6th	11:00am	Catholic Church Service

	6 th	1:30pm	Sensory Activity
Thursday	7 th	9:15am	Exercise
	7 th	10:30am	Christmas Craft
	7 th	1:30pm	Shopping Bus
Friday	8 th	9:15am	Armchair Yoga
	8 th	10:30am	Making Christmas Pudding
	8 th	1:30pm	Music Therapy with Peter
Saturday	9 th	9:15am	Exercise
	9 th	10:30am	Bingo with Maureen
	9 th	12:45am	Read the News
Sunday	10 th	1:30pm	Sunday Movie
Monday	11 th	9:15am	Exercise
	11 th	10:30am	Remembrance Day Service
	11 th	1:30pm	Trivia
Tuesday	12 th	9:15am	Bingo with Judy
	12 th	11:00am	Whiteboard games with Judy
Wednesday	13 th	9:15am	Exercise
	13 th	10:30am	Games Morning
	13 th	1:30pm	Arts and Craft
Thursday	14 th	9:15am	Exercise
	14 th	10:30am	Guess the Movie Star
	14 th	1:30pm	Lets have some fun
Friday	15 th	9:15am	Exercises
	15 th	10:30am	Conversations with Magaret and Melinda
	15 th	1:30pm	Nails with Denise
Saturday	16 th	9:15am	Exercise
	16 th	10:30am	Bingo with Maureen
	16 th	12:45pm	Read the News
Sunday	17 th	1:30pm	Sunday Movie
Monday	18 th	9:15am	Exercise
	18 th	10:30am	Music Trivia
	18 th	1:30pm	Karaoke
Tuesday	19 th	9:15am	Bingo with Judy

	19 th	11:00am	Whiteboard games with Judy
	19 th	1:00pm	Resident focus group meeting
Wednesday	20 th	9:15am	Exercises
	20 th	10:30am	Lets have some fun
	20 th	1:30pm	Arts and Craft
Thursday	21 st	9:15am	Stay on the bus trip
	21 st	1:30pm	Word game
Friday	22 nd	9:15am	Exercises
	22 nd	10:30am	Conversations with Magaret and Melinda
	22 nd	1:30pm	Music therapy with Peter
Saturday	23 rd	9:15am	Exercise
	23 rd	10:30am	Bingo with Maureen
	23 rd	12:45pm	Read the news
Sunday	24 th	1:30pm	Sunday Movie
Monday	25 th	9:30am	Park Visit
	25 th	1:30pm	Trivia
Tuesday	26 th	9:15am	Bingo with Judy
	26 th	11:00am	Whiteboard games with Judy
Wednesday	27 th	9:15am	Exercise
	27 th	10:30am	Games Morning
	27 th	1:30pm	Sensory Activity
Thursday	28 th	9:15am	Exercise
	28 th	10:30am	Quizzes
	28 th	1:30pm	Ron plays the organ
Friday	29 th	9:00am	Podiatry
	29 th	10:00am	Zoo Trip
Saturday	30 th	9:15am	Exercise
	30 th	10:30am	Bingo with Maureen
	30 th	12:45pm	Read the News

Mental Health corner

It's important to recognise how our thoughts influence our emotions, which then drive our actions.

The cycle generally looks like this:

Thoughts -> Emotions -> Actions

Positive thoughts can lead to feelings of happiness, encouraging us to engage with others and participate in activities. Conversely, negative emotions can lead to withdrawal.

If you don't like feeling the way you feel then I have great news for you! You don't have to stay there, just begin to change your thoughts and your emotions will follow suit. It's in the power of your mind to change your thought in order to cause an effect in your emotions.

Thoughts -> Emotions -> Actions

Emotions often stem from our thoughts. When we feel intense emotions, it can be beneficial to reflect on the thoughts that triggered them. We can then ask ourselves whether these thoughts are grounded in reality or created by our personal perceptions.

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:

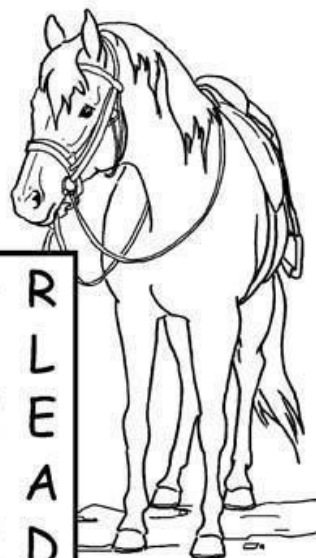
agedcarequality.gov.au

Or in writing to:

Aged Care Quality Safety Commission
GPO Box 9819
Sydney NSW 2000



Tack Shop Word Find



saddle
bridle
reins
girth
halter
strirrup
brush
bucket
leadrope
pad

(C) Breyer.



Isabel



Walking Club



Hawkesbury Song



Valda



Marie, June, Pam



Pete & Margaret



Betty, Marie, Pat & Don



Pete & John