



FROM THE CEO'S DESK

As we move through September, I want to extend my heartfelt thanks for your understanding and patience during the bathroom renovations. We are pleased to inform you that the renovations will be completed by the end of September. This project has been essential in improving our facilities and ensuring the comfort and safety of our residents.

We are still awaiting the outcomes of our grant applications. In the meantime, we are diligently working on approvals and tender applications to commence the next stage at Alumuna. This stage involves building the roads and infrastructure necessary to create six more house lots and space in preparation for our community building at Alumuna.

I am also pleased to announce that we have completed the new staff housing, and these homes are being utilised immediately. These homes are necessary to help attract staff to Finley, particularly registered nurses, which we have had to recruit heavily over the last 12 months to ensure we meet mandatory care minutes.

Your continued support and dedication are greatly appreciated as we strive to enhance our services and facilities. Together, we are making significant progress in our mission to provide exceptional care and support to our community.

Upcoming Changes to the Aged Care Act and Support at Home Program

In November 2025, significant changes will be implemented to the Aged Care Act and the Support at Home program. These changes aim to enhance the quality of care and support provided to older Australians, ensuring they can live independently at home for longer.

The new Aged Care Act 2024 and the Support at Home program will commence on 1 November 2025. The Support at Home program will replace the Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme. It aims to improve access to services, products, equipment, and home modifications to help older people live independently at home for longer.

The new Act and program will ensure that people who access aged care services funded by the Australian Government are treated with respect and have the quality of life they deserve. The implementation process will involve provider governance reforms, readiness of provider operations and systems, and training and support for workers.

The new Support at Home program will introduce eight levels of support, it will also include a new 12-week program to help seniors recover from illness or injury. The Commonwealth Home Support Program (CHSP) will merge with Support at Home from July 2027.

We will be providing information over the coming months to clients, residents, and families on how these changes will be implemented. This will include details on the new system, how it will affect current services, and what steps need to be taken to ensure a smooth transition.

Ben Levesque
CEO



CLINICAL COORDINATOR REPORT

October Focus: Skin Care After Winter

A Message from the Clinical Team

As spring brings warmer days and brighter skies, it's the ideal time to refresh our approach to skin care, especially after the drying effects of winter. Cold weather, indoor heating, and low humidity can leave skin feeling rough, flaky, and vulnerable - particularly for our residents, whose skin is naturally more delicate.

Why Skin Care Matters in Aged Care

Healthy skin is more than just comfort—it's a vital part of overall wellbeing. Dry or damaged skin can lead to:

- Discomfort and itching
- Increased risk of skin tears, infections, and pressure injuries
- In aged care, proactive skin care supports dignity, comfort, and health.

Post-Winter Skin Recovery Tips

This October, our team is focusing on:

- Hydration: Encouraging increased fluid intake to support skin from the inside out
- Moisturising routines: Using gentle, fragrance-free moisturisers daily, especially after showers
- Gentle cleansing: Avoiding harsh soaps and hot water that strip natural oils
- Regular skin assessments: Identifying dry patches, redness, or early signs of skin breakdown
- Nutrition support: Promoting foods rich in vitamins A, C, and E to nourish skin

Preventing Pressure Injuries

Pressure injuries (bedsores) are a serious concern, especially when skin is dry or fragile. Prevention is key. This month we're reinforcing:

- Regular repositioning of residents to relieve pressure
- Use of pressure-relieving devices such as cushions and air mattresses
- Skin assessments to catch early signs of redness or irritation
- Moisture management, especially for residents with incontinence
- Staff education on identifying risk factors and implementing care plans

Staff Education & Resident Support

Throughout October, we'll be running refresher sessions for staff on best practices in skin care and pressure injury prevention. We'll also work closely with residents to tailor routines to their individual needs.

Families are encouraged to speak with our care team if they notice any changes in their loved one's skin condition.

Let's Work Together

Let's keep skin healthy, hydrated, and protected as we move into the warmer months.

Amy Lankester
Director of Nursing

FROM THE QUALITY, COMPLIANCE, LEARNING AND DEVELOPMENT DEPARTMENT



Farewell to Ruth – A heartfelt thank you

This month marks a significant moment for our team as we prepare to say goodbye to our beloved colleague, Ruth, who will be retiring at the beginning of October.

Ruth has been a cornerstone of our Quality Department and has provided a lot of knowledge and education for me in the last four months, bringing dedication, compassion, and a wealth of knowledge to her role as **Quality Officer**. Her commitment to continuous improvement and resident-centred care has left a lasting impact on our organisation. Ruth will be deeply missed by all of us – staff, residents, and families alike.

Please join us in wishing Ruth all the very best in her well-earned retirement. Her legacy will continue to inspire us.

I'm honoured to be stepping into the role of Quality Officer and continuing the important work Ruth has championed. I look forward to working closely with all of you to uphold and enhance the standards of care we provide.

Arjun Arjun
Quality Officer

PROMOTING WELLNESS IN AGED CARE

Wellness in aged care is crucial for maintaining and improving the overall quality of life for older adults. It encompasses physical, mental, social, and emotional well-being, and focuses on enabling individuals to live fulfilling and meaningful lives. By promoting wellness, aged care services can help residents maintain independence, manage chronic conditions, and reduce the risk of falls and other injuries.

Here's a more detailed look at why wellness is important in aged care:

[READ MORE](#)





LEISURE AND LIFESTYLE

Hi everyone, it's Meg and Deb reporting while we eagerly await Kris' return.

Spring is here! We celebrated with a spring afternoon tea in the activity room with lots of spring flowers and colours. Sweets treats were served and enjoyed by all!

The following week we started our resident singing group which had an incredible turn out and many are looking forward to our next jam session, so stay tuned!

Residents were invited to make Father's Day cards with the help of our wonderful volunteers, Wendy and Sue. The auxiliary provided presents for all the dads on their big day which put a smile on lots of faces.

At the Finley Show the artistic talents of our residents were on display. We had some success too, with our button tree taking first prize as well as many individual

art pieces from our residents receiving awards. A big thank you to Lesley Wilson who organised all the entries to and from the show and for her encouragement.

We are now getting ready for the end of September with football on our brains! Grand final eve we will be enjoying a BBQ lunch to get ready for the big game. Deb's footy tipping is coming to an end for 2025 with raving reviews from our residents.

We are looking forward to a reunion of the three musketeers, Kris, Meg and Deb, next week!

Meg and Debbie
Leisure and Lifestyle Team Leader

OUR STAFF MEMBERS HAVE SOME GREAT LIFE ADVICE!

Recently we've been asking some of our staff members for their best life advice to publish in our newsletter, and everyone has been pleased to provide their own unique insight into life. Here is some of the advice given by our staff members over the past year – and why we think it's a great idea:

[READ MORE](#)



ALUMUNA NEWS

Maintenance update

Recently Dave and I attended each property to replace the Sim cards in the Emergency System. It was a good opportunity to catch up with you all personally too. Thank you for being understanding while we attend to these maintenance issues.

A Message from Dave and the Maintenance Team

Preventative maintenance for all houses and units is complete. All exposed paths and driveways have been pressure washed and sealed; further pressure washing will occur when weather permits. Alumuna lawns have been dethatched and fertilised.

External spider spraying is set for late October, with dates to be mailed. External window cleaning is planned soon, with dates to follow. Optional indoor spider spraying and window cleaning are available for an extra fee.

Social Club Update

Come and join us for our BBQ catch up at Finley Regional Care on Monday 27th October from 12.00pm. This will give us the opportunity to catch up after the long cold winter and discuss and plan for the Social Committee future events. **Please RSVP to Zoe or Bella** at reception on **5883 9600**.

Save the Date – Annual General Meeting.

We will be holding our AGM on the 20th November at 2.00pm in the FRC Activities Room. Invitations and Agendas to follow in the coming weeks.

Did You Know?

Bubble and squeak has been enjoyed since the 1700s! Back then, it was often made with beef and cabbage. Over time, potatoes became the star of the dish, especially in Ireland, where no meal was complete without them.

Finley Regional Care Recipe Book

Just a reminder that staff at FRC are creating a Recipe Book and we would love to add recipes from our Alumuna Community. If you would like to submit a recipe and have it put into print, please bring to reception or alternatively you can email to me at zoe.stringer@finleyregionalcare.com.au

Zoe Stringer
Alumuna Community Manager

TRIVIA OF THE MONTH

Why were the kangaroo and emu chosen for Australia's coat of arms?

- | | |
|--|---|
| A: They were chosen as Australia's most popular animals in a vote | picked their favourite animal each |
| B: The designer of the coat of arms had a pet kangaroo, and emus lived on his property | F: Because they lack the ability to walk backwards, symbolising a country always moving forward |
| C: Because they are both large and powerful, which was thought to be a fitting representation of Australia | G: They were considered the most recognisable and iconic Australian animals |
| D: They were selected via random ballot | H: Because they were two Australian animals that didn't look silly standing upright and holding up the coat of arms |
| E: The two children of the designer | |

Answer to last month's trivia question: What is the Aussie icon, Hector the Convictor?

The answer is **C: The world's most reliable thunderstorm that forms over the northern tip of Australia.**





Old-Fashioned Irish Bubble and Squeak

In true Irish style, nothing ever went to waste in the kitchen. Bubble and squeak was a thrifty way to turn leftover potatoes and vegetables into something hearty, hot, and satisfying. The name comes from the cheerful bubbling and squeaking sounds it makes in the pan as it crisps. Often served the day after a Sunday roast, it's comfort food at its finest — simple, golden, and full of flavour.

This is the kind of dish that brings back memories of family kitchens, Sunday roasts, and making the most of what you had. A simple reminder that the tastiest meals are often the ones made with love — and a few good leftovers.

Ingredients

- 3 cups cold mashed potato
- 2 cups cooked cabbage (or kale), shredded
- 1 onion, finely chopped
- 2-3 tbsp butter or dripping (bacon fat works beautifully)
- Salt and pepper to taste
- (Optional: a little leftover carrot, swede/turnip, or bacon pieces)

Instructions:

1. Melt the butter in a heavy frying pan and cook the onion until soft and golden.
2. Add the cabbage (and any other vegetables) and fry for a few minutes.
3. Stir in the mashed potato and season well.
4. Press the mixture flat into the pan and cook over medium heat until the bottom is golden and crisp (about 8-10 minutes).
5. Turn over carefully in sections and brown the other side.
6. Cut into wedges and serve hot — delicious with a fried egg on top!

Tip: For a true old-style flavour, use bacon fat instead of butter and don't skimp on getting those crispy, golden edges.

WEATHER OR NOT

Robert Atcheson

August 2025 Finley Regional Care. FINLEY N.S.W.

Climate change, some would say,
"May begin another day."
Some say startled,
"It has already started",
Like a few years back,
Crept up like a soft -footed yak,
With floods and fires and drought.

Precipitation, inundation, conflagration,
Academic perspiration.
"When do ya 'pro-bloody-pose' it's gonna rain.?"
"Look at the sky, wind and the cloud,"
Greenies shout extremely loud.
Oppositions mutters with moderate voice,
"Only Mother Nature making a choice."

The seasons have confusion,
Birds and plants delusion.
Europe says there are four,
First Nations say there are more,
The BOM says maybe, likely,
"Carry an umbrella as you walk out the door.
A jacket and a hat can't go in the raw."

Farmers are worried, lines on their faces,
Rain is predicted, will it cancel the races?
Will the dam fill up? The grass go green?
Guessing Mother Nature,
A little obscene.
A word from philosophers who often decree,
"It's bound to rain someday, between you and me."

OPTOMETRIST VISIT

The Optometrist will be visiting Finley Regional Care on the following dates:

- **September 29**
- **October 27**
- **November 24**
- **December 22**

The Optometrist can attend sooner or on a different date upon request.

All testing is completed free and normally held between 9:30am and 3pm.

Testing can also be completed in-room.

Service also included generating reports, referrals and repairing glasses for free,

For any enquiries, feel free to email
✉ eyesightonsite@gmail.com



A vibrant roller coaster with red tracks and blue supports winds through a lush green landscape under a bright blue sky with scattered white clouds. The coaster features several loops and a high drop.

LIFE ADVICE FROM A STAFF RESIDENT

*"Do the best you can,
and be honest and true."*

Glenda Congram

QUOTE OF THE MONTH

*"Life is a roller coaster. Ups, downs,
twists and turns, but what a ride!"*

Unknown

COMMUNITY NOTICE BOARD

Interested in volunteering?

Every thought of volunteering? Have a special skill or talent that you would like to share? Finley Regional Care is always on the lookout for enthusiastic volunteers to enhance and assist with the program of activities. There are many options for our volunteers, including craft, reading, activities and taking residents for walks. If you can spare an hour or so a week to come and help out, please contact our Leisure & Lifestyle team. Our residents are always happy to see a friendly face, and our volunteers will all tell you that their lives are richer for the time they spend here!



Finley Regional Care

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P: 03 5883 9600

F: 03 5883 1123

E: info@finleyregionalcare.com.au

www.finleyregionalcare.com.au

Sign up for email notifications

Would you like to receive email notifications of upcoming activities, relevant messages and newsletters? Sign up by sending your email address to

✉ reception@finleyregionalcare.com.au

Comments & suggestions

Finley Regional Care welcomes comments and suggestions about any aspect of our service; including direct care, catering, cleaning and gardens. You can access the form used for this purpose in various places throughout our facility or contact Administration on ☎ **03 5883 9600** during business hours.

Lost and found

All valuables found in the facility are kept safe until collected by their owner. If you (or your family member) are missing any items, please call reception with a description of the item and hopefully we can help you find it.